Avoiding The Protein Plague And The Fructose Epidemic: Stop Eating Yourself Sick

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Stop eating yourself sick
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Preface

You are about to discover how simple, easy, cheap, it can be to obtain optimal nutrition, health, and vitality from a plant based diet.

And don't worry. The healthy new you is going to have a mouth full of very satisfied taste buds.

What I have learned, on the positive side, about protein, vitamins, and minerals, and a plant based diet, has left me stunned, relaxed, and smiling.

I have had to re-learn a lot of things I, like most of you, had been misinformed about.

I can now release a sigh of relief, knowing just how easy, simple, and cheap the optimal nutrition really is. Without the need for any supplements, tricky calculation and preparation, or additional expense.

Phew! Once you have understood the good news, the bad news won't bother you. Because the bad news only applies to people too stubborn to accept the good news, and adopt their diet and lifestyle to it.

So what is the bad news? What's this 'protein plague' all about?

Well I have discovered something surprising. We are eating ourselves sick by consuming too much protein. We have been brainwashed into thinking we needed a huge amount of dietary protein. In fact we have been led to dump toxic amounts of protein into a body adapted to a diet low in protein, fructose, and devoid of cholesterol. A diet based on plant foods.

Using conventional teleological language, it is clear to say that our bodies were never *designed* to be bombarded with the excessively high levels of protein, cholesterol, and fructose present in the typical Western diet.

I repeat, we are adapted to a plant based diet *low* in protein, fructose, and completely *devoid* of cholesterol.

The massive quantities of animal products, and fructose, suddenly dumped upon our biological organism since the post WWII era are clearly responsible for the epidemics of cancer, osteoporosis, depression, mental deterioration, diabetes, heart disease, and general senescence, a deterioration in health and vitality as we age.

The facts are irrefutable. Simply look at populations like the Japanese, who never adopted the Western diet high in animal products and fructose, and compare the incidences of the 'modern' diseases, and life expectancy, with countries like the U.S.A, Sweden, or Israel.

Until the 1950s, when animal products became readily available and affordable to the masses in the Western world, and manufacturers of everything from tomato sauce to baby food began pumping their processed foods full of sugar, and then high fructose corn syrup, the diseases that plague us today were virtually unknown.

These 'modern Western' diseases are today, around 60 years later, reaching plague.

It took sixty years for the chronic, long term toxicity effects of these products to accumulate and reach a critical level. Just as it takes decades of smoking or drinking to do their damage. However the damage is real, and predictable. Today governments regulate advertising of tobacco and alcohol, and restrict its availability, for health reasons. What you are about to read should prompt you to call for similar measures for many currently unregulated food products.

Today we face the fact that the current generation are likely to live shorter lives, showing earlier and more serious symptoms of senescence, and disease, than their parents.

That is the bad news. The good news is that we are both respons*ible*, and response-*able*.

We can stop the plague.

We can halt the epidemic.

We can do it quickly and easily.

We only need the motivation and will. The steps we need to take are easy, simple, and will result in a quick turnaround.

We are on the path to sickness, disease, and mental breakdown. The costs of our diet on our health systems will lead to them collapsing, or the upcoming generation having to sacrifice a large part of their incomes to pay for their parent's generation.

If the current generation don't make the simple dietary changes called for in this book, then they will certainly reap a harvest of misery before they reach retirement age.

And those of us who behave responsibly will foot the bill.

People love to talk about 'solidarity'. People, that is, who enjoy having others subsidise their own lack of discipline, lack of self-control, and lack of responsibility.

If you belong to a state or compulsory health insurance fund, then *you* are paying for the mistakes, lack of discipline, and risky behavior of others.

When it comes time for you or your loved ones to call upon your health insurance fund, you may just find that they have already spent your contributions of diseases and illnesses associated with the typical Western diet.

That they have spent your contributions on treating the symptoms of heart disease, diabetes, depression, hypertension, kidney disease, osteoporosis, and cancer.

What follows is a description of scientific facts which you can verify in a thousand different scientific and medical journals. I have no vested interest or bias. No-one has funded my research. I have approached this from a purely scientific point of view.

These cautionary tales apply equally to vegan (Soy) products as they do to animal products. We have to be careful about health claims that come from anyone who stands to profit from the information they are (or more importantly are failing to) present.

I make no mention here of any ethical arguments concerning our relationships with animals. This entire book is only about *your* health. The health of *your* loved ones. The health of *your* children. The health, and mental acuity, of *your* employees, *your* colleagues, *your* soldiers and police, *your* teachers, *your* lorry drivers. All the people *you* depend upon and who depend upon you.

Read on, and discover how what you eat is making you sick, and likely to die well before your time, of one or more very unpleasant diseases or illnesses.

Discover which people live the longest, happiest, most physically and mentally vital lives, and what they eat.

Even the meanest, most malicious, nasty, cruel, and violent person has a definitive motive to adopt a plant based diet and lifestyle.

Their *own* health.

Their *own* physical and mental wellbeing.

It is no exaggeration that the Western, animal based diet, will not only lead *you* to lose *your* health, and *your* life, but also *your* mind.

If you think I am exaggerating, then read on.

And then if you don't find what is written here compelling, I encourage you to approach other informed, independent, unbiased scientific sources. They will all support everything that is written here.

If you have given up on *your own* wellbeing and happiness, then at least consider the welfare of your children. It is not too late for *them*.

It is in fact not too late for you either. Most of the problems your diet is producing are completely reversible within a few months of dietary and lifestyle change.

And the changes are not bad. You will lose nothing in terms of life satisfaction, pleasure, or lifestyle.

You will gain the best you you are capable of being. The most intellectually and physically capable you.

A you much freer of constipation, headaches, disease, illness, body odour, bad breath, obesity, insomnia, depression, arthritis, and anxiety.

A you full of vitality, elan vital, and vivacity.

A more beautiful, capable, confident, sexy, successful, satisfied, happy, and youthful you.

Oh, I guess global warming would probably not do your health any good either. So consider how the 2006 United Nations' report Livestock's Long Shadow: Environmental Issues and Options' stated that 'Livestock have a substantial impact on the world's water, land and biodiversity resources and contribute significantly to climate change. Animal agriculture produces 18 percent of the world's greenhouse gas emissions (CO2 equivalents), compared with 13.5 percent from all forms of transportation combined'.

And if you care about deforestation, consider that most of the virgin rainforest cleared (often burned) is to provide pasture for grazing, and land for the planting of soy crops to feed dairy and beef cattle.

O.K O.K, I get it. It is all about *you*. It always is and always was about *you*. And right *now*. It's all about you and always has been. Sorry for forgetting. So let's get back to *you*.

You and *your* health. Your *physical* health. And your *mental* health. Surely *that* is someone, some*thing*, you care about enough to read through this short book? Or?

Animal products long term toxicity the equivalent of alcohol and tobacco

First let us consider the pesticides, antibiotics, growth hormones, radioactivity, and other toxins and disease vectors found in high concentrations in most animal foods. Animal products are literally filthy with disease-causing microbes such as mad cow prions, E. coli and salmonella bacteria.

Animals represent the top of the food chain. Thus any environmental contaminant or toxin is going to be most highly concentrated in animal products, as compared to plant products.

Animals consume huge amounts of grass, gene modified soya beans and corn, and even other animal's bodies, blood, and bone, ground up into commercial cattle 'meal'. All of these sources are potentially contaminated. These toxins end up in their flesh, eggs, and milk.

Consider how cow's milk was removed from schools in Australia after the French began testing nuclear weapons in the Pacific. The tests left radioactive residues on the grass. This grass was eaten by cows. The radioactivity had a real chance of accumulating in the cows and their milk.

Animals today are exposed to extremely unnatural (cruel and horrific) living conditions. They are vulnerable to all sorts of parasites, infectious diseases, microbes, bacteria, and viruses. For this reason they are pumped full of anti-biotics and other drugs which leave residues in their tissues and excretions. Tissues and excretions we call meat, eggs, and milk.

Animals are also pumped full of growth hormones, to maximise their 'yield' to investors. These are consumed by the humans who consume their meat, eggs, and milk.

And due to the horror of their living conditions and the terror of their deaths, they are full of toxic residues from adrenaline and similar hormones.

The typical westerner consumes all these toxins over the course of their lives. The toxins accumulate in their bodies over fifty or sixty years until they reach a critical point.

Most of the effects of toxins, diet, and lifestyle in general, are very long term.

We call these long term effects 'senescence'. It means that as we grow old, we become more prone to illness, accidents, and less full of life, energy, vitality, and 'elan vital'.

We take this senescence for granted as a corollary of aging.

However many scientists today believe that senescence is not an automatic, unavoidable part of aging. They believe that we can avoid most of the 'problems' we associate with aging.

A key factor in avoiding senescence is diet and lifestyle.

Today most people accept that smoking tobacco, and drinking alcohol, both speed up senescence, making us old before our time. We accept that people who inhale tobacco smoke, or drink alcohol, are more likely to develop a host of illnesses, diseases, and negative side effects, as time progresses.

What people are soon to learn is that the typical high protein, high animal product, high cholesterol, high fat diet popular today in the West is just as toxic a time bomb waiting to go off at some future date.

We are slowly poisoning ourselves with animal products, with meat, dairy, and eggs. We are obsessed with protein. Even many vegans overconsume soy, falsely believing they need much more protein than they do, and being ignorant of the damage that over consumption of any protein can produce, in the short term, and in the longer term.

The mass media have brainwashed us to believe that we need to consume red meat for iron, dairy products like milk and cheese for calcium, and meat and eggs for protein.

In fact plant products have provided the optimal balance of all these nutrients for the entirety of our evolution.

It is only due to misleading advertising that we have the false notion that plant based diets are lacking in anything desirable.

Hundreds of millions of dollars each year in false advertising. Misleading advertising. Misdirecting our attention away from the reality and to a carefully cultivated, manicured, manipulated false reality.

The illnesses the mass media want to associate with a diet 'lacking' in animal products are basically *unknown* among people who live *exclusively* from a plant based diet.

These illnesses are more often the result of a general malnutrition due to food being unavailable, or other factors such as being unnaturally deprived of sunlight.

A balance diet of grains, vegetables, and fruits never made anyone sick, unless they had a very uncommon food allergy.

A diet high in animal products has been identified by the world's leading scientists, nutritionists, doctors, and statisticians, as a source of most of the 'epidemic' diseases associated with the modern Western diet, including most of the 'senescence' associated with old age in the West.

Today in the west people consume the muscles and organs of animals as 'meat', their lactation fluids as 'milk', 'cheese', and other 'dairy' products, and the 'periods' of chickens, a.k.a 'eggs'.

As a result they are consuming, on average, around triple the amount of protein, fifteen times the amount of fat, four times the amount of sulfur containing methionine, and one hundred times the amount of cholesterol, than the typical vegan. As a result their diet is ten times more acidic than the average vegan.

The average animal product consuming westerner is overloading their body's capacity to detoxify and excrete excesses.

These excesses of protein, sulfur containing methionine, and dietary acids interactively produce osteoporosis and cancer.

The fat and cholesterol together block and harden our arteries, leading to atherosclerosis, strokes, and heart attacks.

Excess sulfur-containing amino acids in your diet can adversely affect your health:

Animal proteins, and particularly those from egg whites, are high in the troublesome, sulfur-containing amino acids, such as methionine.

Sulfur-containing amino acids literally break down into sulfuric acid. Acid which the body must neutralise by releasing calcium from the bones, leading to osteoporosis and kidney stone formation.

Cancer cells cannot thrive without the sulfur containing amino acid Methionine. Healthy cells do not need it. Thus by reducing the presence of methionine, we do no damage to healthy tissue, but can starve cancerous tissues.

This methionine-dependency has been demonstrated for breast, lung, colon, kidney, melanoma, and brain cancers.

In fact controlled clinical trials show that increasing methionine in the diet of animals promotes the growth of cancer, and restricting methionine can increase life expectancy considerably.

But wait, there's more. Methionine is metabolized into homocysteine.

And the more meat in the diet, the higher a person's blood level of homocysteine.

Epidemiological and clinical studies have proven homocysteine is an independent risk factor for heart attacks, strokes, closure of the arteries to the legs (peripheral vascular disease), blood clots in the legs (venous thrombosis), thinking problems (cognitive impairment), and even worse mental troubles, like dementia, Alzheimer's disease, and depression.

A (vegan) diet based on plant foods is inherently low in methionine.

Sulfur from sulfur-containing amino acids is also known to be toxic to the tissues of the intestine, and to have deleterious effects on the human colon, even at low levels. It may even produce ulcerative colitis, a life-threatening inflammatory bowel disease.

And from a social point of view, it is the metabolism of sulfur containing amino acids that produces halitosis (bad breath), strong body odors, and noxious flatus.

There is also evidence of cancer promoting effects of methionine mediated through a powerful growth stimulating hormone, called i*nsulin-like growth factor* - 1 (IGF-1).

Meat and dairy products raise IGF-1 levels and thus promote the breast, colon, prostate, and lung cancers.

In fact meat-eaters have 9% higher levels of IGF-1 than vegans.

People eating dairy and eggs (lacto-ovo-vegetarians) have 8% higher levels.

This IGF-1 also feeds breast, prostate, lung, and colon cancers by stimulating cell proliferation and inhibiting cell death, the two main characteristics of all cancers.

For all the reasons already cited, excess protein has become a health hazard as dangerous as smoking and alcohol.

Scientists have warned about the damaging effects of excess protein for over a century. However the mass media are addicted to the hundreds of millions of dollars in animal products propaganda, and it is the misleading arguments of the dairy, egg, and meat industries that we are force fed from birth that make the greatest impression on us, consciously and unconsciously.

For example Russell Henry Chittenden, former President of the American Physiological Society (APS) and Professor of Physiological Chemistry at Yale University, warned in 1905, In his book, *Physiology Economy in Nutrition*, 1905, 'Protein decomposition products are a constant menace to the well-being of the body; any quantity of protein...beyond the real requirements of the body may prove distinctly injurious...Further, it requires no imagination to understand the constant strain upon the liver and kidneys, to say nothing of the possible influence upon the central and peripheral parts of the nervous system, by these nitrogenous waste products which the body ordinarily gets rid of as speedily as possible.'

There is now a general consensus in the scientific community, and among nutritionists, that highly concentrated protein, whether from animal or plant sources, can lead to osteoporosis and the development of kidney stones, and significant increases in levels Insulin-like Growth Factor 1, a powerful cancer-promoting growth hormone linked to the development of cancer of the breast, prostate, lung, and colon. Excess IGF-1 stimulates cell proliferation and inhibits cell death, almost the definition of cancer per se.

The problems relate to 'protein isolates'.

The most common source of this 'protein isolate' or 'protein concentrate' are cow's milk and soya beans.

The very low incidence of osteoporosis, and breast and prostate cancer, among people who consume traditional soybean foods indicates that the following problems are only associated with 'fake' foods, such as those made from stripped down components of whole foods, and then recombined.

As little as 40 grams of *isolated* soy protein can be enough to produce the 'dark side' of protein isolates.

The National Academy of Sciences (NAS) bases its protein recommendations on a person's age, gender, and kilogram of body weight. The highest requirements are in the years 1 to 3, (37g), during lactation (35g), and during pregnancy (35g). Otherwise at no time during our lives are daily protein intakes above 28g recommended.

For most adults (over the age of 19), a mere 24g of protein per day is considered optimal under normal circumstances.

This is just one more reason why I believe we must avoid the 'modern' soy processes, and return to the traditional methods.

At the same time we must stop 'swallowing' the marketing mantras that 'we need more protein' and 'fat and oil are bad'. In fact it is the fats and oils that give food much of its taste and 'mouth'. It was because someone talked everyone into taking these good fats out of our food, that all that nasty sugar was put into them.

Just compare a handful of roasted nuts, roasted seeds, roasted vegetables, and 'whole' foods such as Wholemeal breads, with a candy bar, to see which one is more satisfying. And which one leaves you feeling good hours later, rather than depressed, and craving a new 'hit' of fructose.

Oh, and don't give your kids fruit juice. It is pure fructose. Better to give them candy, and know what you are doing, than giving them the same poison, while feeling you are doing something good!

At least that way you will know exactly how much sugar, how much junk, how much poison you are feeding them.

You will tend to be more careful and conscientious that way with your 'rationing' of every kids 'drug of choice'.

What applies to soya beans, applies doubly so to fruit. In the holistic context of the plant fructose and protein are bound up with anti-oxidants, vitamins, minerals, fibers and other plant chemicals that make them harmless and even nutritious.

But isolate any part of the plant, concentrate it, and then consume it, and you are really dealing with a pharmaceutical, a drug.

A drug that is not FDA tested, let alone approved.

The false logic is that if the substance was harmless when part of the whole, then it must be harmless on its own.

Further, the logic is that is a substance appears beneficial when part of the whole, then isolating it, concentrating it, and consuming it in large amounts, must be even better!

Serotonin: how it can tryp (tophan) you up

The essential amino acid (protein) tryptophan, present in dairy, meat, eggs, and soy, passes from the blood into the brain fluid, where it is converted into serotonin. It is then ‘taken up’ by ‘receptors’ in the brain where it plays a key role in regulating the severity of our moods and emotions.

However the actual amount of tryptophan in the foods you eat plays a relatively small role in the final amount of serotonin that actually ends up being ‘taken up’ by the serotonin receptors in the brain.

What is key to serotonin uptake is the concentration of *other* large-molecule amino acids present in the blood *along with* the tryptophan.

These large-molecule amino acids, of which tryptophan is one of many, compete with each other for entry to the brain fluids.

A high-protein meal, whether from animal products like dairy, meat, or eggs, or an excessive consumption of soy, will lead to a large number of large molecule amino acids similar to tryptophan competing with, and *interfering with*, more or less ‘blocking’, the entry of tryptophan into the brain fluids.

And thus the brain will have less tryptophan from which to produce Serotonin with, and the Serotonin uptake of the brain is hindered.

And so doctors prescribe their protein overloaded patients drugs which are designed to increase serotonin uptake, to counter the effects of their diet.

Serotonin modifies our responses to stimuli. It appears to regulate our emotions. To make them less extreme. To prevent, us over-reacting to stimuli. To make us less emotional, less anxious, less moody, less likely to over-react and become despairing, hopeless, violently angry, and over-sensitive.

We all know people who are generally more sensitive, more emotional, more anxious, more over-alert, mentally and physically more hyperactive, more moody, more prone to despair and hopelessness, or to destructive, counter-productive, even destructively aggressive behaviours, when placed under stress, or in difficult social or environmental situations.

The belief in the medical field today is that such a sensitivity and tendency to ‘over’ react to challenging stimuli is a result of an imbalance in serotonin uptake by the brain receptors.

It is widely believed that serotonin uptake can have a severe ‘behavior modification’ effect, making you more or less likely to over-react to stimuli, whether psychological or physical.

Serotonin appears to be a big factor in whether you will suffer depression and despair, or simply ‘deal with’ a challenging negative situation or experience. It seems to determine whether you will respond creatively and constructively to negative situations, conditions, stimuli, people, and experiences, or negatively, destructively, and counter-productively.

Serotonin can make you more or less sensitive to smells, tastes, visual impressions, and the emotions associated with challenging, threatening, frustrating, irritating, de-motivating social situations.

I would like to have my serotonin levels and uptake measured around the times I seem more prone to migraine. Or when women experience the same mood swings as part of *their* monthly cycles.

Take a look at modern anti-anxiety / depression pills like Lithium, Zoloft, and Xanax, and you will see that they all in some way regulate the production or uptake of serotonin.

No-one really knows how they work. Only that they do appear to work. In fact Serotonin uptake levels, after initially rising and plateauing briefly after taking anti-depressants, actually return to their pre-pill levels very quickly. However the benefit remains. Go figure! If you can work out why, then there are millions of doctors and scientists who will be more than willing to listen to your explanation!

Your sleep patterns, sexual behavior, aggressiveness, physical activity, perceptions (including pain), and moods are all modified by the presence or absence, and uptake, or rejection, of serotonin.

For these reasons, tryptophan pills are often successful at easing insomnia, prevent muscle spasms, and in relieve depression.

Preventing and treating depression, anxiety, hyperactivity, allergies, and insomnia the natural way

The inverse of all this problem with proteins interfering with Serotonin production and uptake is that a diet with a more moderate and appropriate level of protein (what to most Westerners appears to be a 'low' protein diet') may offer prevention and relief from that which ails us.

Consider how closely the modern epidemic of mental illness, depression, anxiety, moodiness, and so on, is correlated with the sudden explosion in the protein content of the average Westerner over the same time-frame.

The high availability and low cost of meat, dairy, and eggs is a relatively new phenomena.

Nathanial Dominy, PhD, from Dartmouth College stated unequivocally that, after studying the bones, teeth, and genetics of primates for his entire career as a biological anthropologist, it was clear to him that the majority of the calories of our hunter-gatherer ancestors came from plant foods. If their survival had been dependent upon consuming animal products, they would have gone extinct long before evolving into us. Meat is just too unpredictable.

One clue that supports this argument relates to cholesterol. For the human organism produces just enough cholesterol to meet its own needs. It has no means for eliminating or neutralising excess cholesterol.

If you want to take a conventional, teleological approach, you would say that here we have clear evidence that humans were never '*meant*' to eat animal products. For if we *were* meant to, we would have the capacity to eliminate or neutralise excess cholesterol.

But we do not. And so cholesterol accumulates in our bodies. It damages our skin, tendons, and arteries. It hardens and blocks the circulation of blood. It results in heart attacks and strokes. It has been implicated in many forms of cancer.

Over the course of human evolution, access to protein has been restricted and limited.

Until quite recently, few people had access to meat. Even eggs and dairy products were relatively expensive, and considered rare 'treats'. They were all luxuries of the rich. People forget that a hundred years ago, it was considered 'wishful thinking' to imagine that an average family might have meat to eat, even once a week. Read D.H.Lawrence and see for yourself.

Most of the protein humans got was as part of whole, vegetable foods.

Now consider the other recent phenomena of cancer.

Cancer rates correlate quite well with the increasing amount of protein in the average Westerner's diet over the last hundred years or so.

I have been considering a mountain of research lately which indicates that a high protein diet is clearly correlated with various illnesses including cancer.

The research clearly identified products which I myself have been promoting in my writing for years. Products which take protein from its whole source, either soy or milk, and condense it in a nutrition supplement, such as a powder or protein bar.

There is a clear correlation between consuming such 'protein isolates', and thus consuming high amounts of protein, and various illnesses and diseases, including cancer.

If you think about it it is logical. Cancer is the uncontrolled division and multiplication of cells. Cells require protein to reproduce. The human body, with all its amazingly complex set of interrelated processes, is adapted to, what is in comparison with the typical western diet of today, a *low* protein diet.

In the last century we have suddenly thrown a mass of protein at an organism adapted to a low protein diet.

In the past, eating a plant based diet, we consumed more than enough protein for our body's needs. The human organism was not faced with the problem of getting rid of excess protein.

In an otherwise healthy, unburdened body, the body's own defense mechanisms destroy uncontrolled growths we call cancer. These cancerous growths were at that time not promoted by acidic diets and an oversupply of protein.

But these mechanisms evolved in a low protein diet environment. A diet where cancer cells were not being 'hot housed' by an acidic environment, or 'force-fed' protein.

What we are doing is feeding the tumor. We are feeding the cancers. We are pumping way too much protein into our bodies. The defense mechanisms that would usually 'clean up' any 'unauthorised' cell growths just cannot keep up with the cell growths any more. These 'rebellious' cells are feeding on the huge amounts of protein that have newly become available to them. These cancers are luxuriating in the high acid environment produced by the excess of amino acids and the products of their break-down and metabolism.

We have been fooled by clever marketing and lobbyists into believing we need much more protein than we really do. And much more 'complete' protein from one source than we really do.

The famous 'Atkins diet' actually recommends we consume 300 mg of protein a day.

That is like taking a dump truck and dumping protein into our bodies, as compared to the amounts our body is currently adapted to deal with.

It is like force-feeding 'renegade' cell growth.

Our bodies cells are adapted to a plant based diet relatively (compared to the over-maxing of protein in most western diets) low protein diet.

Only now they are being flooded with protein. They are on an assembly line. The line is backing up with product. They are rushing to do their jobs, and stumbling. They are making errors in their copying of genetic codes. And the tumors resulting are being force fed with protein. The system that evolved over millions of years to deal with a low protein diet, is being overwhelmed by protein.

Check for yourself. There is so much data and evidence available that support my argument. I am only painting a picture. It is just logic and reason. But the evidence supports it.

In fact the evidence surprised me. It humbled me. I, like so many others, appear to have had a very wrong conception of protein, and of 'protein isolates'.

We need to return to a more humble, time-tested, traditional means of consuming soy products. We need to stop 'playing with our food', as our mother's told us as kids! We need to stop 'spiking' food with addictive, toxic sugars. We need to stop this monomania about fat and oil. We need to eat whole foods. To enjoy food. But not abuse food as a drug. Not seek satisfaction in food alone. We need to find alternative ways to amuse, entertain, and pleasure ourselves. Sure real, whole food is delicious, and healthy, and we should enjoy it. But like everything else, in moderation.

Sure slim is sexy. But sick is not. Healthy is sexiest of all. Whatever shape or 'size' it comes in.

And whole foods, baked, roasted, and well prepared, are healthy and delicious.

The fats and oils in whole foods, like the sugars in them, come bound in 'containers' that protect us from their negative side effects, and allow us to enjoy their benefits, without harm.

It is when we take whole foods and extract bits and pieces of them, then recombine these bits and pieces, often along with the chemical residues of the toxins used to extract them, and then to 'recombine' them (using emulsifiers such as Hexane treated Soy Lecithin), that we start making trouble for ourselves.

The trouble began when we started using animals as mere means to our ends. We began consuming too much protein. And the marketing people mislead us into thinking we needed to. That it was healthy.

Then we started over-reaching ourselves and imagining we could go nature one-better, and break up wholes and reconstitute them.

We have become fixated with ideas that we needed to consume huge amounts of protein. And we became fixated on the idea that the oils and fats naturally occurring in whole foods were making us fat and sick. And we didn't pay attention to the reports of scientists on the health risks of fructose. We didn't pay attention as the big corporations started pumping our processed foods full of fructose, and getting our babies, kids, and us, all addicted to the sugar rush.

A hundred years ago people could only 'dream' of such a high acid, high protein, high cholesterol, high animal fat diet. Their 'aspirations' were probably mostly a result of a desire to mimic the kings, queens, princes, and other rich people who lived mostly off animal products. What the average person never realised is just how badly the rich suffered for their animal product 'rich' dietary habits.

Only today are the masses coming to terms with these negative consequences. And only in a constant battle with multi-billion dollar mass media campaigns intended to confuse, obfuscate, misrepresent, and blatantly mislead them.

This massive consumption of animal products is so new in evolutionary terms that it was bound to produce a few 'problems' with our holistic well-being.

We humans are simply not adapted to such a high acid, high protein, high cholesterol, high animal fat diet.

Meat, poultry, fish, seafood, and dairy, especially hard cheeses like parmesan, are the chief culprits.

The result of the sudden bombardment of our bodies with an acidic, protein, cholesterol, and animal fat heavy diet has been the modern epidemics of illnesses previously rare, or undocumented, in the history of humanity.

Take allergies for example. The most common causes of food allergies are dairy products, followed by eggs. Allergic reactions can be extreme and life threatening. We will soon identify these if we or others experience *obvious* symptoms.

However most allergic reactions are much more subtle and chronic. We often only discover them by accident. And only then do we realise the long term, general, vague, negative impacts they are having on our lives, on our health, our levels of energy and vitality, our appearance, and our moods.

Even that most feared and debilitating of all diseases schizophrenia has shown, in particular cases, to have been an allergic reaction, and by changing the patient's diet, successfully cured. Often dairy products have been identified as the culprit.

Common health Problems related to the typical excessively high (well beyond our nutritional needs) protein Western Diet

Acne
Allergies
Arthritis (inflammatory)
Asthma
Artery disease (occasionally heart attacks and strokes)
Bloody stools
Body odor (malodor)
Cholesterol (elevated)
Colitis
Constipation
Diarrhea
Type 2 Diabetes (due to obesity, 33% of all children born in 2000 expected to develop diabetes during their lifetime)
Fatigue
Hemorrhoids
Hypertension
Indigestion (GERD)
Leukemia and lymphomas

Obesity :(A third of U.S children and adults are obese, while over two thirds of adults are overweight) Obesity is associated with damage to the joints (osteoarthritis), insulin resistance, heart disease, strokes, and type-2 diabetes, and cancer.

Oily skin and hair
Otitis media (Ear inflammation)
Menstrual dysfunction (pain and blood loss)
Precocious puberty (as early as age 9)
Testicular cancer

Hardening of the arteries (atherosclerosis), and therefore strokes and heart attacks, along with breast, colon and prostate cancer, all begin in childhood.

In fact today's generation can look forward to a lifespan shorter than that of their parents.

Once more I wish to remind you that The National Academy of Sciences (NAS) bases its protein recommendations on a person's age, gender, and kilogram of body weight. The highest requirements are in the years 1 to 3, (37g), during lactation (35g), and during pregnancy (35g). Otherwise at no time during our lives are daily protein intakes above 28g recommended.

Most of you reading this will be over the age of 19. In this case, the optimal daily intake is a low 24g of protein per day under normal circumstances.

Avoiding precocious puberty

High protein diets are associated with the early onset of puberty in the West. Children as young as 9 have begun menstruating as a result. This early onset of puberty is associated with an increased chance of illnesses such as breast cancer, in later life.

Until the recent mass availability of cheap (price to consumer) animal products, women usually began menstruating around age 17. Today children as young as 9 are entering into all the physical and mental challenges associated with puberty.

Osteoporosis

Let the entire medical and scientific establishment reassure you that dairy foods are *not* necessary for children or adults to obtain adequate calcium. Plant based diets provide more than adequate amounts of calcium. And animal products such as meat, poultry and eggs contain essentially no calcium at all. In fact the calcium in dairy actually increases the risks of osteoporosis.

It is not just a question of how much calcium you consume.

It is more about how much calcium you end up absorbing.

And then about how much calcium is 'leeched' from your bones.

Our body responds to the presence of acidity, such as the amino *acids* typical of high protein animal products, by immediately seeking to neutralise the acidity. It does this by releasing alkaline materials such as calcium carbonate, citrate, and sodium, *from your bones*.

Your bones are *literally* dissolved by an acidic, high animal product diet. The result is that our bones become porous and brittle. The result has been the Western plague of osteoporosis.

The double whammy is that acids from animal foods also raise cortisol (steroid) levels in your body, which promotes further bone loss.

In general our health and optimal functioning are impaired by acidic, animal based foods, such as meat and dairy products.

Consider for a moment that 'protein' is made up of 'amino *acids*'.

The reason animal products are more acidic than plant based products is that they tend to contain more protein.

It is a question of excessively high protein diets versus diets with an amount of protein appropriate to our actual needs.

The National Academy of Sciences (NAS) bases its protein recommendations on a person's age, gender, and kilogram of body weight. The highest requirements are in the years 1 to 3, (37g), during lactation (35g), and during pregnancy (35g). Otherwise at no time during our lives are daily protein intakes above 28g recommended. For most adults (over the age of 19), 24g of protein per day is considered optimal under normal circumstances.

And so it is just as important to prevent an overconsumption of plant based protein, such as from Soy.

The main difference is that it is much easier to obtain the optimal balance of nutrients, of vitamins, minerals, and calories, without overloading your body with excessive protein, when eating a plant based diet.

Try to obtain the equivalent balance of nutrients from animal based products, and you will quickly find yourself consuming excessive amounts of protein.

Yes, the whole idea is alien to me to, thanks to decades of mass media brainwashing. We tend to consume too much protein, rather than too little. Protein has become our enemy, rather than our friend. Just as sugar and fat have.

Our organism evolved, and is adapted to, a low protein, low fat, low sugar diet. Fat and sugar taste good because, in the amounts that they have been available to us over the last million years, up until the last few hundred years when they became *over*-abundant, they *were* good for us in the quantities they have been available in, over the course of our evolution.

But the problem does not end there.

For the calcium, after neutralising the acid produced by the animal products, must then be excreted from the body.

During its passage through the ureters some of the calcium solidifies into calcium kidney stones. The well-known comment about kidney stones is: 'While they *won't* kill you, you *will wish* you were dead!'

The only way to ensure that you have more calcium entering your bones than leaving it is to consume a diet low in proteins, especially animal protein.

Each too much protein from any source, but especially from animal sources, such as is the typical of the Western diet, and you will lose more calcium from your bones than you can absorb, no matter how much calcium you consume.

This seemingly counter-intuitive fact is due to the effect of excess protein (from any source) on the kidneys.

This is why osteoporosis is such a problem in the U.S, England, Israel, Finland, Sweden, where the average adult consumes over 90g of protein per day, as compared to Asia, where protein intake, especially from animal products like milk, eggs, and meat, is much more moderate.

And groups of people such as Eskimos, with the highest intake of animal protein, while consuming huge amounts of calcium as part of it, suffer the greatest problems with Osteoporosis.

Remember that we have to look at our body as a whole. Holistically. As opposed to how the hundreds of millions of dollars in advertising from the dairy, egg, and meat industries want us to view nutrition.

The animal products industries have come to an arrangement. Dairy will focus on calcium (although it contains high levels of complete proteins equivalent to eggs and meat), while meat will focus on iron and protein. In this way they do not compete for market share.

And so we have been misled to believe that we must eat meat to get our iron and protein, and milk to get our calcium. The dairy industry spends $166 to $200 million each year to promote dairy products as healthy. But the fact is, dairy products pose serious health risks. They are unnecessary and downright dangerous.

But the propaganda works. It works upon our consciousness and unconscious over decades. Otherwise we would not still be consuming so much dairy, despite over a hundred years of scientific warnings. And the dairy industry would not be spending hundreds of millions of dollars on it each year.

Only now the government have stopped playing ball with the lobbyists. They are facing the huge health costs associated with poor nutrition and diet. The costs are massive, even compared with the political campaign financing and other 'perks' offered by the meat, dairy, and egg industries.

The U.S congress actually rejected a recent attempt to get the government to support statements claiming that meat and dairy products are necessary as part of a healthy diet.

In fact The American Cancer Society and the Heart Association clearly stated that the most common causes of death and disability are due to our consumption of animal products such as milk, meat, and eggs.

But because of the previous decades of media focus on dairy as a source of calcium, meat as a source of iron and protein, we have been mi-directed into looking away from plant sources of protein, iron, and calcium.

The first mistake we make is to focus solely on 'complete' proteins. Protein sources that contain the 9 essential amino acids. They are called 'essential' because, like vitamin B12, Vitamin C, and so on, our body cannot produce them. We must obtain these nutrients from external sources. From our food.

Thus while most plants contain a lot of protein, only soy contains a complete supplement of the 9 essential/indispensable amino acids. And so we tend to overlook all the other plant sources as quality sources of protein.

And this is a big mistake.

For by combining a few different plant sources, we can guarantee we gain the full complement of essential/indispensable amino acids.

And we do not need to eat these complementary sources at the same meal.

We can eat oats with breakfast, potatoes and/or rice and/or beans and/or corn and other vegetables with dinner, and bread with lunch. In this way we would gain more than enough complete protein, more than enough of the essential amino acids we need for optimal health and nutrition.

If you add to that the huge range of soy products, each of which contain a full complement of the essential amino acids, then you can see that animal products are by no means a requirement for optimal nutrition and health.

Which is why the world's top athletes, including the fastest man in the world, and the world's top intellectuals, today including Al Gore, have all turned to a vegan diet and lifestyle. A lifestyle and diet based on plants.

A lifestyle free of animal cruelty, suffering, and slavery.

A vegan diet provides optimal nutrition for the highest performing intellectuals and athletes.

Kidney Disease (Kidney Failure, Nephritis)

Osteoporosis is not the end of our troubles with protein. In fact it becomes the source of another problem that is potentially much worse. Kidney failure.

The calcium and other minerals released by the bones to neutralise the acid ingested as part of a typical animal product diet would ideally be recaptured by the kidneys and returned to the bone.

However the excessive levels of sulfur containing proteins (amino acids) in the typical Western diet prompt the kidneys to increase their glomerular filtration rate, and as a result, much of the calcium ends up passing out of our body in our urine.

In fact for each 10 grams of protein above the average 30g daily adult protein requirement, 16mg of additional calcium is lost.

Plant proteins, on the other hand, do not have these calcium and bone losing effects under normal living conditions.

This would be bad enough. But add to this the fact that the high amounts of bone material are often too high for the kidneys to adequately 'flush' out, resulting in the formation of kidney stones.

And while kidney stones are painful but not life threatening, the story does not end here. For they are not the only consequence of a diet excessively high in proteins, especially animal proteins.

When you eat more protein than your body needs (about one gram per gram of muscle in your body, or less than half a gram per kg of total body weight), this excess has to be excreted somehow.

The body cannot store excess protein like it does excess fat. Eating more protein, unless you engage in seriously strenuous body-building excercises, will not lead to you putting on extra muscle.

The liver metabolises the protein. In cases where the liver fails, and ceases being able to 'clean up' the 'waste products' of excess protein consumption, patients often fall into a hepatic coma from the build-up of protein breakdown products.

The kidneys, via their 'nephrons' filter out the excess protein the liver has not metabolised, and remove it from the blood stream.

The products of the metabolism or protein, and of the immune-systems responses to animal proteins such as milk proteins in particular, end up blocking up the filters, and producing inflammation in the nephrons.

The 'nephrons' are the bodies filtering units. Like any filter, pass too much through it and it will clog up.

However unlike a pool filter, you can't just go to the shop to buy a new one.

The inflamed cells in the kidneys leak blood and protein into the urine. Eat an excessively high protein (typical Western) meal, then see how pungent your urine and body sweat smells! That is the excess protein being excreted as urea and other nitrogen-containing breakdown products

This is most noticeable with the amino acid asparagine, which asparagus is high in.

Luckily, in an otherwise healthy person, the damage done to the nephrons and kidneys does not become an issue. They can get on without full kidney function. In fact they can get on with only 25% of normal kidney function.

However if a person suffers kidney damage from other sources, such as chronic use of pain killers (which marijuana would otherwise harmlessly deal with), the surgical removal / donation of a kidney, diabetes, high blood pressure, hardening of the arteries (atherosclerosis), or some other injury to the kidneys, then the situation becomes critical.

The best known treatment (and prevention) of kidney problems is a low protein, low fat, low sodium, low phosphate, low cholesterol diet.

Protein and pregnancy

There is no evidence that a high protein intake per se during pregnancy is beneficial. In fact in some instances it actually may prove harmful (Am J Obstet Gynecol 147:354, 1983; Pediatrics 65:683, 1980).

During a controlled clinical trial, the supplementation of protein during pregnancy resulted in more underweight infants, an increase in premature deliveries, and an excess death rate of the newborns. (Stein Z, The Journal of Reproductive Medicine 21:287, 1978).

During the last six months of pregnancy, only 2 pounds of protein (5-6 grams a day) are deposited in mother and infant. A starch-based diet provides between 44 and 130 grams of protein for the woman consuming 2200 kcal daily.

The World Health Organization recommends 6 % of the calories from protein for a pregnant woman and 7% for lactating women. This amount is easily supplied by plant sources:

Overweight mothers and babies at risk

A baby of five to eight pounds passes relatively easily through the mother's birth canal.

This is the weight babies tend to be with vegan mothers.

However these days of over-hyped protein new borns are weighing in around eleven pounds, often too big for the mother's pelvis, often making caesarian sections necessary.

It is a simple fact that big babies are harder to deliver and as a result, injury and death to mother and/or child become more likely. In fact, in this century of over-hyped protein, harm to the mother and the possibility of cesarean section birth has increased by about 50% (Obstet Gynecol 79:664, 1992)

To grow a baby, an extra 250 to 300 calories a day are required during the second and third trimesters. The simple carbohydrate glucose, derived originally from plant sources, is the primary metabolic fuel for the growing embryo, fetus and newborn immediately after delivery.

Pregnant women become hungrier, especially during the last two trimesters of pregnancy.

As a result they eat more food, taking in more calories and more of all the essential nutrients these foods should supply.

Calorie intake is estimated to increase from 2200 kcal to 2500 kcal a day.

However, in many parts of the world women do not eat more food. Instead, they gain the extra calories by increased body efficiency.

Physically hard-working pregnant women from the Philippines and rural Africa take in no more, and often fewer calories, than before pregnancy (Lancet 2:363, 1984 & 2:1129, 1987). Fortunately, their main foods are nutrient-dense vegetable foods which will easily provide the raw materials to grow a healthy baby.

Shorter, smaller bodies have lower death rates, longer average life-spans, and fewer diet-related chronic diseases.

In fact, in general, research shows that shorter, lighter people live longer.

For example, men of 5 feet 9 inches (175.3 cm) or less live almost five years longer than men over this height.

Men shorter than 5 feet 7 inches (170.2 cm) live seven and a half years longer than men taller than 6 feet (182.9 cm).28,29

Taller women suffer more ovarian and breast cancer, while the men have more prostate cancer.

Over-nutrition, especially during youth, results in greater height, and poorer health.

And for those 'macho' men out there, consider the following. Recent research shows that vegans have 8% more testosterone than men who include eggs and dairy in their diet.

When called upon, the body can convert existing muscle protein into glycogen (sugar / carbohydrate) in the liver.

However fatty acids (fats) cannot be converted into sugar.

The first 6 months:

The *only* food an infant under 6 months should be given is breast milk. The infant should not be given water, formula, or fruit juice.

The baby develops teeth and hand coordination from the age of 6 months up. Only at this stage should an infant be weaned, if the mother is not willing to continue breast feeding, or in addition to breast-feeding.

The animal proteins in cow's milk, along with toxins the cow was exposed to or consumed, can end up in her own breast milk, resulting in colic for the infant.

If breast feeding is simply impossible, a protein hydrolysate formula, which is a hypoallergenic cow's milk-based formula, is often recommended. To make them more palatable, and more equivalent to pure cow's milk or breast-milk, add one gram of table sugar to two fluid ounces of formula.

Soy, nut, rice, and oat 'milks', or any other form of home-prepared formula, should never be used for infants

Human Milk protein breakdown

The only time in our life cycle when we really do require a high protein intake is during the first 6 months (87g) and then the next 6 months (58g). From age 1 to age 3 the recommended protein intake is 37g. Up to the age of 19, during our growth years, 28g is recommended. After that 24g of protein per day is considered optimal under normal circumstances.

The following shows the typical composition of human breast-milk.

Tryptophan	17 mg per gram
Histidine	21 mg per gram
Methionine+Cysteine	33 mg per gram
Threonine	44 mg per gram
Isoleucine	55 mg per gram
Valine	55 mg per gram
Lysine	69 mg per gram
Phenylalanine+Tyrosine	94 mg per gram
Leucine	96 mg per gram

(Food and Agriculture Organization of the United Nations, 2007)

Thus we see that mother's milk contains the 9 essential / indispensable amino acids from which the human organism can (usually) produce any of the thousands of proteins that the body requires for optimal functioning.

Our bodies can convert methionine into cysteine and phenylalanine into tyrosine, and so it is common to list methionine + cysteine and phenylalanine + tyrosine as sets of two.

Note that these 9 essential / indispensable amino acids cannot be manufactured by the body, and therefore we need external sources of them.

To be more precise, there are also a number of 'potentially essential / conditionally indispensable amino acids. These are amino acids that the body may not be able to manufacture when it is suffering from particular illnesses or conditions.

These 'conditionally essential / indispensable' amino acids include Arginine, Cysteine, Glutamine, glycine, Proline, and Tyrosine.

These include exhaustion from physical overexertion, depression, anxiety, inadequate detoxification, liver disease, immune-deficiency related problems, digestive problems involving intestinal bacteria, physical or mental trauma, or extreme, chronic stress.

Amino acids like Alanine, Asparagine, Aspartic acid, Glutamic acid, and Serine are considered 'dispensable' as the human body is capable of manufacturing these from the other amino acids under all known conditions.

Protein (Amino Acid) Requirements for Adults (under normal conditions)

The National Academy of Sciences (NAS) bases its protein recommendations on a person's age, gender, and kilogram of body weight. The highest requirements are in the years 1 to 3, (37g), during lactation (35g), and during pregnancy (35g). Otherwise at no time during our lives are daily protein intakes above 28g recommended.

For most adults (over the age of 19), 24g of protein per day is considered optimal under normal circumstances.

The following balance of amino acids (how much of each amino acid would ideally be present in a protein source) has been proposed by scientists as optimal for adults, however it is still debatable.

Histidine ?
Tryptophan 4 mg per gram protein
Methionine (without cysteine) 13 mg per gram protein
Threonine 19 mg per gram protein
Lysine37 mg per gram protein
Isoleucine 42 mg per gram protein
Valine 47 mg per gram protein
Phenylalanine (without tyrosine) 48 mg per gram protein
Leucine 55 mg per gram protein

In order to put these values in some more meaningful context, consider a meal containing 25g of Protein.

Proposed Amino Acid Requirements in a Meal Plan Providing 50 Grams of Protein

Histidine—
Tryptophan 100mg
Methionine (without cysteine) 3250mg
Threonine 475mg
Lysine 925mg
Isoleucine 1050mg
Valine 1175mg
Phenylalanine (without tyrosine) 1200mg
Leucine 1375mg

The good news is that the scientific consensus is that it is not necessary to obtain this optimal balance of amino acids in any one meal, or even across the course of any one day. In fact as long as you manage to get this balance in across *a number of days*, you will enjoy optimal nutrition.

And so it is not a question of 'protein combining' for each meal, but for a succession of several days.

This makes meal planning for optimal nutrition easy even for the strictest of vegans and others enjoying a purely plant based diet.

The idea is to enjoy regular daily servings of beans, legumes, nuts, and seeds, along with four to five cups of fresh vegetables each day.

There is no need to worry about combining these different groups on a meal-by-meal basis, or even within a single day. Simply ensure that over a period of several days you vary your menu, to include a variety of different plant based foods from each of the different categories, that is, vegetables, beans, nuts, seeds, and grains.

The first two years of life

Our fastest growth occurs during the first two years of your life. The ideal diet for the human for the first two years of life is human breast milk. The protein content of human breast milk is around 5% of the total calories.

So keep this in mind when worrying ‘Am I getting enough protein’. The protein deficiency industry has paid billions to brainwash us. It tricked me. You have no reason to feel any more foolish than the rest of us. But now it is time to wake up the world to the facts!

Hyper-insulinism, insulin resistance, and high protein diet advocacy

Insulin, the major regulator of fuel storage and release, is synthesized by the pancreas and secreted into the blood stream after we eat.

It stimulates the synthesis of fat, proteins, and glycogen.

It encourages fat cells to store fat and prevents the release of fat from these cells.

For these reasons high levels of insulin (hyperinsulinism), have long been (falsely) blamed for obesity, by association.

It is like blaming fire trucks for starting fires, because you tend to see fire trucks at fire scenes. Or Arabs, because every time the C.I.A or Mossad commit a terrorist act, they show pictures of Arabs on television!

However it has been demonstrated that it is the diet that results in the high insulin levels.

Simple, refined carbohydrates such as fructose (fruit juice, corn syrup, refined sugar) and refined flours, tend to raise insulin levels.

Insulin stops the body from burning up any fats that are also consumed with these sugars.

So when you eat foods high in such sugars, and fat, the fat will tend to be immediately stored with other fat deposits around your body, and in your organs.

In other words, the worst thing you can do is eat foods high in both refined sugars and fats.

Unfortunately the Western diet tends to oversupply the consumer with products that threaten this ‘double whammy’.

The point is to eat less fats, simple sugars, refined flours, and drinking alcohol (or fruit juice), all of which stimulate insulin production and release, and lead to any fat in the diet being immediately stored rather than burned up.

Exercise, eating whole grains, complex carbohydrates, and eating smaller meals more often (a.k.a ‘grazing’), rather than eating large meals, can all reduce insulin levels, and thus encourage the body to immediately burn up any fats eaten, rather than storing them.

These are general guidelines for slimming down.

But we can be more specific. Research participants fed an equal number of calories from plant sources such as whole grain pasta, refined pasta, and porridge, animal sources, enjoyed lower insulin levels, and thus fat accumulation, than those fed on animal sources such as beef, cheeses, and fish.

These results completely defy the prophets of high protein, animal based protein diets, proving them to be ‘false’ prophets’ of weight loss.

The extra advantage of a high carbohydrate, low protein diet, is that carbohydrates satisfy our hunger drive more effectively than proteins. For example potatoes produce twice the level of appetite satisfaction as beef or cheese.

And so by eating a low protein, high carbohydrate diet, like the world’s top athletes and intellectual / creative performers, we will also gain greater ‘satisfaction’, and avoid the ‘hunger pangs’ of other forms of ‘reducing’ diets.

Ketogenic (High-Protein) Diets

The benefits of high protein, low carbohydrate diets are short term, and illusory. In fact they are the least healthy way to slim down. They are in fact, by definition, *toxic*.

Severely limiting the intake of carbohydrates places the body in a state known as 'ketosis', in which it is forced to metabolise stores of body fat.

So you can see the attraction of such a diet for anyone trying to 'slim down' and shed excess body fat.

However there are other negative side effects that the promoters of high protein, low carbohydrate diets fail to mention. Problems that might reduce their multi-million book sales.

The by-products of this metabolism of stored body fats are acidic substances called 'ketones' which include acetacetic acid, B-hydroxybuteric acid, and acetone.

Ketosis is associated with loss of appetite, nausea, fatigue, and hyp*o*tension (lower blood pressure). Of course all of these add the 'success' of the diet.

Ironically this reflex condition of starving reduces hunger-pangs. It makes it easier to lose weight.

Another attraction of low carbohydrate diets is the initial rapid shedding of water. This gives the *impression* of fat loss. However it is misleading.

Sugars are converted to glycogen by the liver, and stored in body tissues such as the liver and muscles.

The largest single consumer of glycogen within our body is our brain.

The body's stored supplies of glycogen (on average around 300g) are enough fuel for twelve to eighteen hours.

Once the dietary intake of carbohydrates is severely reduced, the body turns to these for fuel.

Key to the rapid initial 'weight' loss is the fact that 2.7g of water is stored with each gram of glycogen.

So by burning up 300g of glycogen in the first day of severe carbohydrate restriction, you will also shed over a kg of water.

On top of this water loss, the ketones also have a strong diuretic effect, prompting the kidneys to excrete even larger amounts of fluids from the body. And so the 'weight' loss appears even greater. But it is really only water, and not fat, that are lost.

This loss of water, along with a lack of fiber in animal based high protein diets, tends to result in constipation, which often results in hemorrhoids.

And (what you probably won't remember on this diet) that the brain is the single largest consumer of the bodies stores of glycogen. When the glycogen is used up, the brain is literally starved of energy. Many people have reported having made serious errors of judgement on low carbohydrate / high protein diets like the Atkins diet.

Such diets clearly reduce mental function in the same way that alcohol or other drugs can interfere with full mental functioning. .

These health risks, mental function impairments, and general discomfort of such diets usually mean most people soon give up on them.

Any benefits tend to be temporary, and most people end up fatter than they were when they began the diet. Dr. Atkins, the most famous advocate of ketogenic diets, is a case in point. Google his picture!

All the world's major (non-industry funded) health organizations such as The American Heart Association, The National Cholesterol Education Program, and the The American Cancer Society, endorse a diet that is composed of *only* 10% to 15% protein, 55% to 60% carbohydrates, and 25% to 30% fat

Such respected, independent health 'think tanks' all agree that high-fat, high-protein diets are responsible for our modern Western plague of heart disease, stroke, adult-type diabetes, and obesity.

If you want ‘clinical trials’, then consider this one, which has been running over 1000 years, with millions of participants. The clinical trial is called ‘Japan’.

The typical Japanese person eats lots of rice and vegetables, and very little animal protein.

The result is a very low incidence of heart disease, breast, colon and prostate cancer and the world’s greatest longevity.

Seventh-Day Adventists who strictly adhere to their religious tenets are strict vegetarians. Note that the Apostle Paul, in the New Testaments, clearly states that ‘the right thing to do is not to eat meat.’ And so they consume mainly grains, legumes, fruits, and vegetables. They enjoy a lower incidence of heart disease and colon cancer compared to the general population, living longer, and enjoying better health. The men live around 9, and the women 6, years longer than the average Californian respectively.

See the light

A cataract is a clouding of the natural lens of the eye. The lens is responsible for focusing light and producing clear, sharp images. Degenerative lens opacification (cataract formation) is the leading cause of blindness in the world today and no one seems to know the cause.

Linoleic acid (omega-3 and 6 fats) is found in sunflower, corn, soybean, cottonseed oil, canola, and flaxseed oils.

These fats are synthesized by plants. They are not part of any animal's biochemistry. In the holistic context of the plant they are bound up with anti-oxidants, vitamins, minerals, fibers and other plant chemicals that make them harmless and even nutritious. '

But like all other natural products, once you 'isolate' part of the whole, you are playing with fire. For as 'free oils', they are highly toxic. They are implicated in obesity, type-2 diabetes, excess bleeding, immune system suppression, and cancer.

They are also implicated in cataracts, the number one source of blindness. The oils become incorporated in the lens of the eye, where they oxidize, damaging the lens, leading to clouding and visual impairment.

Cow's milk is also implicated. The sugar in milk known as lactose, is metabolized to galactose. This is known to damage the lens. In fact there is evidence that a high milk consumption is associated with a greatly increased risk of cataracts.

Ground control to Major Tom: 'Just what on earth were you thinking?'

Take high fructose corn syrup, the most 'toxic' and addictive form of sugar known to humanity, safflower oil, and soy protein isolate, mix it together using a Hexane processed soy lecithin, and call it 'soy infant formula'.

Yes folks. '*Baby* food'?

Sounds to me more like 'baby-crack' than baby 'food'.

In the U.S alone, each year, over 1.4 million babies are fed this 'junk' as 'food'.

The levels of isoflavones this introduces into the baby's system is clinically toxic.

A recent study found birth defects of the genitalia of male infants (hypospadia) born to *mothers* who consumed excessive amounts of soy products. So what the effect of such huge amounts of isolated soy protein, and thus concentrated isoflavones, may have on babies can only be guessed at.

Eggs: Giving free range to free radicals

Long running studies of thousands of people indicate that eating eggs more than 6 times a week more than doubles your chances of dying of heart disease., and a provides a greatly reduced risk of strokes, blood clots, high blood pressure, and cancers of the breast, prostate, colon, lung, and brain.

Cholesterol does the most damage to our arteries as so-called 'free radicals', that is, when it is oxidized. Eggs and egg-derived products are the main source of oxidized cholesterol in our diet.

Research shows that one egg a day can increase your risk of heart disease in the next five to ten years by 8%. Make it two eggs a day and that risk is now 12%. This effectively correlates to a 30% greater risk of coronary heart disease over the two-egg a day young man's lifetime.

Eggs are filled with too much protein, cholesterol, calories, fat, bacteria, and environmental chemical contamination for the government to allow the egg industry to pretend that eating eggs is not a health risk. The egg industry lobbied very hard to overturn the U.S governments decision and failed, due to the massive scientific evidence..

Egg protein is also a common source of allergy in infants, children and adults, producing problems from hives to asthma. Eggs are high in fat which promotes obesity and type-2 diabetes.

Fats and cholesterol in eggs promote the formation of cholesterol gallstones and gallbladder attacks.

Egg-borne infections caused by the salmonella bacteria can give rise to cramps, diarrhea, nausea, vomiting, chills, fever and/or headache, along with food poisoning called salmonellosis.

Eggs are a main contributor to human exposure to dioxin and other environmental chemicals that are known to cause birth defects, neurologic damage, and cancer.

Many nutritional qualities of eggs are similar to the nutritional qualities of cow's milk, cheese, chicken, beef, and fish.

All these foods are known to cause major health problems when consumed in the amounts in which they are typically consumed in the west.

Alternatives to eggs in cooking

Eggs are traditionally used as a ‘binding agent’ in recipes.

An alternative is a quarter of a cup of flaxseed meal boiled in three quarters of a cup of water.

Eggs are not necessary in many recipes. For instance there is no need to add eggs to pancakes. Pancakes do quite well without the addition of eggs.

A popular new trend is to add some Chia seeds in water to form a great ‘pudding-like’ gel which is great for making smoothies, puddings, and as an egg substitute when baking.

Chia offers you the benefits of a binding agent with a ‘hit’ of Omega 3 to beat those blues, try Chia. You’ll get 4g of protein in 2 tablespoons, but just as importantly, a bunch of iron, calcium, zinc, antioxidants, and fiber.

So what *should* we be eating?

The changes required are not as drastic as most people imagine.

Most of the ‘good’ foods you should be eating are already familiar favorites.

Whole grain breads, nuts, seeds, rice, pasta, noodles, pancakes, waffles, hash browns, baked potatoes, mash potatoes, boiled potatoes, muesli, porridge, salads, beans, chilli, soups, sauces, baked, fried, and boiled vegetables of all varieties, and fruits, are all conventional foods that provide optimal health and vitality.

There are tonnes of new soy based alternatives to conventional meats, milks, and desserts. Soy milk’s come in a wide range of flavors. Tofu is a favorite in stir-fries and blended with fruit to make smoothies and lemon creams. You can easily prepare your own soy milk and tofu at home, from soy beans. You will be surprised how versatile, tasty, and cheap soy based foods can be.

It is just a question of getting off your (statistically fat) behind and taking a little interest in what you are putting into your own body, and the bodies of your loved ones.

And you probably want your bus drivers, other drivers on the roads, pilots, police force, and military mentally and physically alert, rather than mentally distracted, vague, and constipated, right?

You want your children (and students) to be alert and focused in class too, don’t you?

You probably want your children to out-live you, rather than grow old before their time, and before your, (cataract clouded) eyes, right?

You want to enjoy eating, and enjoy living, right?

Or would you prefer you and yours waking up every day with headaches, constipation, depression, nasty body odors, obesity, arthritis, difficulty concentrating, facing an accelerated aging, and a future of cancer, cataracts, diabetes, and dementia?

Sorry, I don’t have hundreds of millions of dollars to throw at the mass media to get this simple message across.

But before you start, consider that most of the world’s top performance athletes, creative talents, or intellectual giants, all live happily, healthily, and performing at their best, on plant based diets.

Now look in the mirror. Take a good honest look at yourself. Look at your wife, husband, and children. Can you say that you are all performing at your peak? Are you all as healthy, happy, vibrant, and alive as you wish you were?

So what is stopping you? Read this. Think about it. Challenge it. Question it. Interrogate it. Get the feedback from the most reliable scientific sources you can find. And then accept it. And share it. And let’s see if we can’t make at least one bible prophecy come true simply by respecting our bodies a little more and considering what we put into them.

Yes I mean the bible prophecy that says we shall all once more become gardeners, like Adam and Eve, and live in a new heaven on this earth. This is, after all, the Age of Aquarius that the Bible speaks of. The age to follow the age of Pisces, which Jesus represented. The age which followed the Age of Taurus, which Moses represented. The age which replaced the age of Aries, which the golden calf and Attis represented.

Oops, sorry, I can’t help myself. Focus Markus. First the people have to be mentally and physically healthy before you can bother them with higher matters!

So I humbly offer up my contribution to the New World Order, and your health.

The 9 Essential amino acids in plant foods

Protein is made up of amino acids. Of the 22 amino acids, 8 or 9 cannot be synthesized by the human body, and thus it is 'essential' that we eat foods containing them. Thus they are known as 'essential' or 'indispensable' amino acids'.

Soybeans, quinoa (a grain), and spinach are considered high quality protein, right up there with meat, eggs, and dairy.

Quinoa and Soy both contain the full complement of essential amino acids virtually equivalent to milk, meat, or eggs. They are a concentrated source of protein for vegans.

One cup of cooked quinoa contains 9 grams of protein. NASA plan to grow this on space flights, due to its high fiber, iron, magnesium, manganese, and complete protein content. You can bake it into muffins cakes, cookies, or fry it as fritters, and so eat it at any meal. It has a similar appearance to cous cous, and is a more nutritious alternative to rice.

Or how about getting 10g of complete protein in two tablespoons? Hempseed will do that, plus add 'high' levels of magnesium, zinc, iron, calcium, essential fatty acids (including omega-3 fatty acids), which have been shown to alleviate the symptoms of depression.

For an even bigger 'hit' of Omega 3 to beat those blues, try Chia seeds. You'll get 4g of protein in 2 tablespoons, but just as importantly, a bunch of iron, calcium, zinc, antioxidants, and fiber. Mix them with water and they form a great 'pudding-like' gel which is great for making smoothies, puddings, and as an egg substitute when baking.

The more well known, Soy beans, with a tradition spanning over a thousand years, contain around 40g of complete protein per 100g. One particular advantage is that soy is relatively low in the amino acid methionine, which you will appreciate after having read this entire book.

Corn and beans, when combined, offer the complete range of essential amino acids in the ideal proportion.

As does the mixture of rice and Beans (or lentils or chickpeas). One cup of cooked rice-and-beans delivers 7g of complete protein. Most beans (including chickpeas, and lentils) are low in methionine and high in lysine. Rice is low in lysine and high in methionine. So they perfectly complement each other. A match made in heaven. Add any flavorings you like and you have a combination as versatile and nutritious as any animal product.

Now if you are, like me, completely lazy when it comes to cooking, then what could be easier than the old peanut butter sandwich? Add two tablespoons of peanut butter to two slices of Wholemeal bread, and you have 15g of complete protein. Think you can handle that?

It's that simple to 'complement' and 'complete' proteins by mixing legumes like beans, lentils, and peanuts with grains like wheat, rice, and corn. Add something from either group together and hey presto, abra cadabara, a protein superior to any animal product the 200 million dollar a year 'misery' (a.k.a meat, dairy, and egg) industries can offer. At a fraction of the cost and with zero preparation time.

If you're looking for something more exotic, and are not gluten intolerate (allergic) or a celiac sufferer, than why not try Seitan. Its relative lack of lysine can be compensated for by the addition of other products high in lysine, such as soy sauce. It packs a real protein punch, with around 20g of complete protein per third of a cup.

We have the Chinese Buddhist monks to thank for this wonder food. The monks mixed wheat gluten (wheat protein) with water and lots of yummy herbs and spices, and let it simmer and reduce to form a chewy, meat-like final consistency.

Other protein sources of non-animal origin usually have all of the essential amino acids, but the amounts of one or two of these amino acids may be relatively low, and so the food is not defined as 'high quality' protein.

This concept, though, is probably more misleading than it is helpful, when considering the ideal and optimal nutrition for you and your family. For in fact all plant based foods are full of 'high quality' protein.

It is just that the egg, meat, and dairy industries like to remind us that their proteins are 'just a little more concentrated'. But that is really as far as it goes, nutrition-wise. These animal products are not in any way superior to plant based sources of the same nutrients. In fact the levels of protein, fats, and cholesterol 'concentrated' in these so called 'high quality' protein sources should be considered more 'toxic' than 'desirable'.

And there is another unfortunate myth circulating that we need to take great care when preparing plant based meals to balance the strengths and weaknesses of each food item in terms of their balance of essential amino acids. The myth makes the idea of planning a healthy plant based diet sound really complicated. But it is just that. A myth.

The nutritionist and scientist Frances Moore Lappe is responsible for the myth that we have to be sure to get high levels of all the essential amino acids in the one meal. She was being extremely conservative, to avoid giving the meat lobby any chance at all of undermining her message that a plant based diet was easy, and provided all the nutrients necessary for optimal health and vitality.

Today she will be the first to tell you that it is not necessary, (as I feared it would be), when eating a completely plant based died, to be overly careful.

It is in fact too simple.

In fact, just to make a point, even though few people would chose to eat just one type of food for every meal, they actually *could*. And their diet would *not* lack the 8/9 essential amino acids.

However a more satisfying, interesting, and tasty diet will contain a variety different vegetables, seeds, nuts, unrefined grains, and legumes spread across the three or more meals of the day. In this way the individual elements of each meal, at very least across the entire day, will provide you with the full complement of amino acids in the ideal quantities for optimal sustained energy, health, vigor, and vitality

I cannot stress this too much. This is a fact. It surprised me to learn it. And to have it confirmed over and over by the world's leading nutritionists, scientists, and doctors. Every vegetable, grain, and bean contains *all* the 8/9 essential amino acids.

It is a fact that if you eat (enough of) any one kind of grain, bean, potato, or vegetable your diet would contain enough of the essential amino acids to remain fit and healthy.

It is surprising to learn how little rice, or corn, or potatoes, or tofu an adult male would need to eat if he relied on only one food as a protein source. And women need only 80% of that.

These facts shocked me so much that I did not believe them until I saw them confirmed, over and over, in the world's leading nutrition, medical, and science journals.

The further good news is the scientific consensus that it is not necessary to obtain an optimal balance of amino acids in any one meal, or even across the course of any one day. In fact as long as you manage to get this balance in across a number of days, you will enjoy optimal nutrition.

And so it is not a question of 'protein combining' for each meal, but for a succession of several days.

This makes meal planning for optimal nutrition easy even for the strictest of vegans and others enjoying a purely plant based diet.

The idea is to enjoy regular daily servings of beans, legumes, nuts, and seeds, along with four to five cups of fresh vegetables each day.

There is no need to worry about combining these different groups on a meal-by-meal basis, or even within a single day. Simply ensure that over a period of several days you vary your menu, to include a variety of different plant based foods from each of the different categories, that is, vegetables, beans, nuts, seeds, and grains.

By eating even the simplest of diets, and varying it a little from day to day, you will be guaranteed the optimal supply of protein in your diet over the course of several days. And that is all it takes to obtain optimal nutrition from your diet, and optimal health and vitality.

If you are considering going 'raw', consider that while it is true that many foods contain more protein raw than cooked, other foods such as soy beans are better digested and metabolised if first roasted, steamed, or fermented.

Fruits also contain essential amino acids, only in relatively lower amounts.

The lists list the foods from high to low, in terms of how much of that particular essential amino acid they contain.

And if you've never tried dried seaweed, then you are in for a treat. I first had it in Korea. The stuff is addictive. And Israeli scientists are cultivating it in ever newer forms. Some science fiction writers believe that it is the food of the future.

When you look at the following lists, keep in mind that these are the food 'high' in that amino acid. As mentioned earlier, all the foods mentioned here, in fact all vegetables in general, contain *all* the amino acids. It is just that some contain more protein in general, and more of essential amino acids than others.

If you are restricting your calorie intake, or strictly adhering to your ideal daily calorific intake, you may want to ensure you eat a few different types of foods throughout the day.

One problem associated with deliberately restricting your calorific intake, such as when dieting, is that if you do not consume enough calories from carbohydrates and fats, your body will convert some of the protein content of your diet into energy, to make up for the shortfall.

Your best plan is to begin a healthy diet without stressing the calorific intake too much. Simply by moving to a plant based diet, reducing your consumption of 'junk' foods high in fats and sugars (particularly fructose found in corn syrup and fruit juices), and going for regular walks or taking a little exercise, you will find your weight naturally falling.

In any case, protein combining is just too simple. For example, a simple, tasty, whole-grain salad sandwich, or corns and beans, or potatoes and my favorite, broccoli, will all give you the essential amino acids you need to be at the top of your game.

I can still remember the horrible taste of boiled spinach. My mother probably gave it to me for the iron, little knowing it is actually quite low in iron (someone moved the decimal point to the right when the results were first published, and ever since the myth has stuck that spinach is high in iron), but very high in protein! I forgive you now, mum, for forcing me to eat all that boiled spinach.

Since then I have enjoyed spinach prepared in extremely delicious ways, particularly in pastries. YUM!

Isoleucine

Seaweed, watercress, pumpkin leaves, swiss chard, Chinese cabbage, horseradish tree (the leafy tips), spinach, kidney beans, alfalfa seeds, sunflower seeds, sesame seeds, soy, baking yeast, soy, wheat, almonds, rice, bananas, apricots, peaches, avocados, persimmons, apricots, dates, kiwi, apples, oranges, cranberries, blueberries, plantains

Leucine

Seaweed, pumpkin leaves, watercress, horseradish tree (the leafy tips), alfalfa seeds, turnip greens, kidney beans, sesame seed, sunflower seeds, soy, peanuts, rice, bananas, apricots, peaches, guavas, avocados, figs, persimmons, raisins, pears, dates, apples, kiwi, olives, blueberries

Lysine:

Watercress, seaweed, parsley, soy, quinoa, wheat, buckwheat, amaranth, apricots, bananas, tamarinds, avocados, peaches, guavas, dates, oranges, pears, plantains, plums, watermelon

Methionine

Seaweed, sesame seeds, whole wheat, rice, peaches, avocados, figs, peaches, oranges, kiwi, pears, grapes, raisins, apricots, plantains, guavas, plums, blueberries, cantaloupe, ripe olives, persimmons (note the level of methionine in soy is so low that it is considered to make soy a bad choice for a complete protein.)

Phenylalanine

Seaweed, watercress, pumpkin leaves, horseradish tree (the leafy tips), kidney beans, spinach, turnip greens, skunk cabbage, broccoli raab, swiss chard, amaranth leaves, cottonseed, sesame seeds, sunflower seeds, pigeon peas, lupin seeds, soy, whole grains, peanuts, almonds, avocado, rice, avocados, apricots, bananas, raisins, peaches, plums, figs, persimmons, oranges, dates, pears, grapefruit, elderberries, apples, star fruit, ripe olives

Threonine

Watercress, seaweed, pumpkin leaves**, spinach**, skunk cabbage, horseradish tree (leafy tips), turnip greens, kidney beans, soybeans, alfalfa seeds, sesame seeds, sunflower seeds, soy, wheat, some nuts, rice, peaches, apricots, bananas, guavas, figs, avocados, raisins, pears, dates

Tryptophan

Oat bran, seaweed, spinach, watercress, soybeans, horseradish tree (leafy tips) pumpkin leaves, mushrooms, turnip greens, broccoli raab, turnip greens, parsley, spinach, winged bean tubers and leaves, mustard greens, asparagus, beet greens, mushrooms, mung beans, kidney beans, bamboo shoots, lettuce (red leaf, butterhead, iceberg), mustard greens, amaranth leaves, chicory greens, asparagus, soybeans, cauliflower, Chinese cabbage, chives, kale, broccoli, taro leaves, zucchini, radicchio, kelp, collards, brussel sprouts, navy beans, pinto beans, swiss chard, lima beans, hearts of palm, broadbeans, savoy cabbage, green and red peppers, okra, turnips, winter squash, onions, green and yellow snap beans, celery, cucumber, some hot chili peppers, radishes, tomatoes, potatoes, pumpkin, green peas, garlic, corn, sesame seeds, cottonseed, sunflower seed, chia seeds, peanuts, rice, apricots, raisins, avocados, apples, plums persimmons, guavas, figs, kiwi, dates, oranges, peaches

Valine

Seaweed, watercress, mushrooms, horseradish tree(leafy tips) pumpkin leaves, snowpeas, snap peas, turnip greens, kidney beans, **spinach**, skunk cabbage, broccoli raab, sunflower seed, sesame seed, cottonseed, soy, peanuts, whole grains, rice, bananas, peaches, figs, apricots, avocado, guavas, raisins, dates, pears, apples, persimmons, kiwi, cranberries, ripe olives, blueberries, oranges

And remember, The National Academy of Sciences (NAS) bases its protein recommendations on a person's age, gender, and kilogram of body weight. The highest requirements are in the years 1 to 3, (37g), during lactation (35g), and during pregnancy (35g). Otherwise at no time during our lives are daily protein intakes above 28g recommended.

In fact for most adults (over the age of 19), 24g of protein per day is considered optimal under normal circumstances.

Vitamin D:

Infants and children should be regularly exposed to sunshine. This provides many psychological and physical benefits, including the production of vitamin D.

How much sunshine kids need will depend upon skin pigmentation, latitude, season of year, and time of day.

Two hours a week of exposure to the natural oils present on the face and hands is usually sufficient for light-skinned children. However excessive hygiene can deplete these oils, in which case the vitamin cannot be produced on the skin. So take care not to go overboard with hygiene, as appears to be the Nordic/American trend.

Vitamin D supplements, taken independently, or already added to 'vitamin fortified foods', will not replace sunshine. Worse, they can have many bad side effects.

So let your kids play in the sunshine, and get a little dirty. It is good for their immune system too. Don't get monomaniacal about hygiene.

Vitamin B12

Vitamin B12 is actually a form of Bacteria. These bacteria are eaten by grazing animals when they grab a mouthful of grass. In this way what we call vitamin B12 ends up in meat products.

The same bacteria would be consumed by humans if we did not wash and process foods so thoroughly. Among people who eat 'dirtier' organic vegetables and mushrooms, B12 deficiency is unknown.

However we live in an excessively 'hygienic' world. The Nordic / U.S obsession with 'cleanliness'is responsible for this almost neurotic compulsion to hygiene.

Even with this in mind, as it is, vitamin B12 deficiency is still very rare among even the strictest of vegans.

But because the consequences can be severe, and often the symptoms of a chronic B12 deficiency can be masked by folates in leafy green vegetables, it is considered a reasonable precaution to take a simple vitamin B12 supplement, or multi-vitamin containing sufficient B12. Five micrograms (mcg) daily is considered sufficient. However even in massive doses of 500 to 5000mcg vitamin B12 has not been known to be toxic.

As a general rule look closely at what is in your vitamins. You may be surprised that your current vitamin has much less than the RDA (Recommended Daily Allowance) of many vitamins, including vitamin B12. You may have to spend a few minutes reading the labels of a bunch of different vitamin supplements before you find one that actually contains 100% of your RDA of B12, C, and so on. Don't assume that the more expensive ones will be better in this regard. In fact if you look, you will find that many of the cheapest vitamins, without the whiz-bang packaging, are often the best.

Iron

Plants absorb iron from the soil, and so a plant based diet will ensure your iron needs are met, as long as you do not add dairy products to your diet.

The problem with cow's milk is the casein and excessive calcium. These both prevent the absorption of what little iron there is in dairy products. They can prevent iron from plant foods being absorbed too. Another reason to avoid dairy.

Human breast milk on the other hand actually enhances iron absorption, so exclusively breast fed infants never suffer from iron deficiency.

It is noteworthy that studies indicated that women who ate a typical Asian two to three servings of soy foods enjoyed an equivalent iron status as women who ate red meat. The iron in soy foods is generally well absorbed.

But forget the myth that spinach is any higher in iron than other vegetables. That myth was the result of someone accidentally moving the decimal point to the right. This 'typo' was published, and since then it has become an urban legend that spinach is massively high in iron.

It is, however, considered among the highest quality proteins. Who'd have guessed hey? Certainly not me!

Got Calcium?

Soy milks tend to have calcium added to them.

Calcium absorption from soy foods is similar to that from cow's milk.

Calcium is also added to soy milk to make it form 'curds', which are then pressed and drained to into tofu forms. This calcium also tends to be well absorbed.

An alternative to using calcium to make soy milk 'curdle' is to use lemon juice.

Omega 3 and 6 fats (fatty acids)

Our brains are made up of fatty tissue. Our brains grow during childhood.

Essential fats, like essential proteins, are those that the human body cannot produce itself. It thus requires an external source of these.

There is much confusion surrounding essential oils like Omega 3 and 6. While the EPA and DHA are found in fish, the fish themselves get these oils from eating sea weed. For the essential oils are only synthesized by plants. And so when we eat plants containing these oils, our own bodies convert them into EPA and DHA. In other words, we produce them in the same way that fish and other sea creatures do, and thus there is no need for us to eat fish to gain the benefits of these Omega 3 and 6 fats.

All fats are not equal

We are animals. We store body fat in the same form as animals do. And so any animal fats we eat are readily stored by our body, in pretty much the original form we consumed it in. It costs only 3% of the total calories to absorb and store animal facts in our body.

The plant-based fats we consume have to undergo a much more complex conversion process, during which a much higher percentage of the consumed calories are burned.

So gram for gram, animal fats will make you fatter than plant fats.

All calories are not equal

The fact contradict the conventional wisdom that all calories are equal.

The processes by which the body converts carbohydrates into fats cost it around 30% of the total calories converted.

In other words eat 100g of animal fats, and you will put on 97g of body fat.

Eat 100g of excess (to your calorific needs) carbohydrates, and the most you will put on is 70g of body fat.

Forms of Carbohydrate

Complex carbohydrates, usually known as ‘starches’, are long connected branching chains of simple sugars.

Starchy plant foods high in complex carbohydrates include corn, potatoes, rice, whole wheat flours, beans, and green and yellow vegetables.

Foods high in simple sugars like fructose include cane sugar, high fructose corn syrup, and fruits.

Glycogen is a form of complex sugar made up of branching chains of glucose. It is synthesized in the human body and then stored in the liver and muscles for later use.

It is these stores of glycogen that the extreme athlete relies on.

After strenuous exercise the body acts to quickly restore the levels of glycogen, resynthesizing twice as fast as usual in the first two hours.

While glycogen is stored for high intensity exercise, fat is usually reserved for low intensity activity. Therefore fast walking for 20 minutes is better for burning fat than an intense work-out.

Fat appears to be the ‘energy reserve’ of last resort. When the body has no access to carbohydrates, either from glycogen deposits, or carbohydrate consumption, the body can survive on its fat depots for several days of continuous low-intensity activity.

Performance athletes know that even a few days of high fat, high protein diet can deplete the body of its stores of carbohydrate, with a decidedly negative impact on their performance.

Carl Lewis, the world’s fastest man, is just one of many of the world’s top performance athletes who credit their vegan diet with offering them the edge over their competition, by allowing them to perform at their highest levels, and be the best them they can be.

High Glycemic (index) Foods

The glycemic index is a measure of how fast and high your blood sugar levels rise, and then remain high, after eating a food.

High glycemic index foods, such as glucose, rice, potatoes, and bread, facilitate a faster, more efficient, storage of glycogen, than do low-glycemic foods, like fructose.

Note that table sugar is about half glucose and half fructose.

High fructose corn syrup contains much more fructose than glucose, as does fruit juice.

Fructose tastes sweeter than glucose.

Fructose is metabolised by the liver in the same way as alcohol, and with the same negative side effects and health risks.

People worldwide who eat diets centered on high glycemic index carbohydrates, such as rice for rural Asians, and potatoes for Peruvians, are essentially free of diabetes.

It appears to be just one more piece of mass media hype and propaganda. For guess which foods are *low* on the glycemic index?

Go on, take a wild guess.

Which industries spend hundreds of millions of dollars in mass media advertisements, product placements, and 'pay for comment' each year?

Which industry has had such an impact on the American diet? So much that Americans tend to eat foods with a lower glycemic index.

Foods also high in fat and protein.

And the result of the massive media campaign of the meat, dairy, and egg industries? Americans are currently suffering an epidemic of both type one and type two diabetes.

The word on Soy: Gaining the optimal benefits from this optimal source of protein and other nutrients, without risk

Soy benefits and uses

Soy initially attracted the attention of *nutritionists* in the West as a source of complete protein (containing all 9 essential/indispensable amino acids) equivalent in quality to animal products like meat, eggs, and milk, but at around 15% of the cost. It also has a very long shelf-life, ease of preparation, and very high convenience of storage and transportation, without requiring refrigeration.

Soy attracted the attention of *governments* during war time rationing and supply problems, and as a cheap source of nutrition for refugees fleeing from war zones, or the victims of famine, or other natural disasters.

In fact protein isolates have a biological value of 74 as compared with the most 'ideal' protein, the egg white, with its biological value of 83.

Up to 15% by weight of Soy flour is widely added to baked goods; 2-15% like breads, crackers, muffins, donuts, cakes, rolls, cookies, tortillas, and chapattis to increase their nutritional value, protein content, and to provide other functional properties as an emulsifier, anti-oxidant, conditioner, cost saving product extender, moisture retainer, and to extend storage and shelf-life.

For the same reasons soy is often added to pasta products like spaghetti, noodles, and macaroni, processed meats like sausages, bologna, frankfurters, meat loaves, gravies and sauces, soups, cereals, pancake and waffle mixes, dairy substitutes, caramels and toffees, diabetic, hypo-allergenic, and high protein diet preparations, and as a base for spices.

The earliest soy flour was ground from roasted soya beans.

Today soya beans are also typically heat-processed. Generally speaking, the longer Soy beans are steamed ('toasted'), the higher the protein quality and nutritional value, and the lower the protein solubility or dispersibility.

Heating also greatly reduces the soybean's natural (beany) flavor and de-activates the natural enzymes, the lipases, oxidases, peroxidases present in the soy bean. This improves the soy's storage / shelf-life.

However where these active lipoxygenase enzymes are intended to be used as a natural bleach in bread doughs, little or no heat treatment is applied

The 'roasted'(steamed) beans are then finely ground. The finer the ground, the higher the protein content.

Whole (full fat) Soy Flour is the most natural and lightly-processed product, containing all of the oil naturally present in the soybean. It contains around 19% fat and 40% protein. In other words 100g of whole soy flour contains 40g of complete protein, and 19% fat.

Whole soybeans are steamed, dried to below 5% of their original moisture, cracked, de-hulled, and ground, or extrusion cooked and ground.

The process requires a relatively simple and inexpensive technology.

Whole soy enjoys a long storage life due to the natural antioxidants in the oil. These are also considered by nutritionists to provide natural health benefits to the consumer.

Whole soy is rich in natural lecithin, a good emulsifier and considered a promoter of good health.

Whole soy also contains most of the vitamin A found in whole soybeans, which is otherwise lost during other processes which involve solvent extraction.

Whole soy has the best flavor of all soy flours. It is milder, and less bitter (sweeter) than other soy flours.

This means that around 30% more whole soy flour can be added to breads and other baked goods before it starts to impair their overall acceptability.

However it is more difficult to grind and to package, as the mill is relatively expensive and the oil permeates even polyethylene (plastic) bags.

Where a lower fat soy flour is desired, a 7% fat soy flour can be produced using mechanical extraction. The beans are crushed, steamed, and hydraulic or expeller pressed to extract the oil. The remaining soy is then ground into flour.

Sadly, since the 1930s, to reduce production costs, and increase profits to shareholders, hexane or other chemical solvents have been used to extract the oil, and produce soy flours with as little as 1% fat, and 55% protein. And so such soy flours have become the most common in the West. These flours are deprived of their lecithin, and vitamins A and D, and often contain residues of their highly toxic solvents. Hexane is, for example, a neuro-toxin.

What is even stupider is that many of these low fat flours then have soy oil added back to them, to produce a ‘re-fatted’ soy flour.

In fact in some ‘High-Fat’ soy flours, soy oil is re-added to give a 15% fat content, and the original 41% protein content.

Soy Grits and Flakes. Soy grits are coarsely ground soy flour. They usually come in the defatted form (but may also be natural/full-fat) and are classified into three particle sizes: coarse, medium, and fine. The fine will pass through an 80-mesh screen. The grits range in size from that resembling corn meal up to tiny chunks the size of Grape Nuts. The flakes resemble rolled oats or wheat flakes. These products are most widely used in processed meats (patties, sausages, chili, loaves), as well as specialty bakery items, beers (as a clarifier), and candies. Grits are more widely used than flakes. Nutritional composition is the same as defatted soy flour.

The sun rises in the East

The traditional East Asian dry-roasting, following by grinding in a hand turned stone mill, results in a better flavor than the typical western moist-heat-steaming method.

Dry roasting is also quicker, simpler, and more energy efficient than steaming or boiling.

In 1767 Samuel Bowen, invented a method for preparing vermicelli made from soy flour and soy sauce made from soybeans grown in Georgia. He exported 91 kg to England, and in 1776 he received for it a gold medal from the Society of Arts, Manufactures and Commerce, plus a present of 200 guineas from King George III.

The Viennese Friedrich Haberlandt roasted soybeans and ground them to make an excellent coffee substitute, comparing the flavor to almonds or poppy seeds.

Up until World War I an English firm was making soya butter, biscuits, cocoa, milk chocolate and other confectionery, cream, cakes, and bread from soybeans, until a wartime embargo on soybean imports shut him down.

Many soya products were produced for 'diabetic' diets in France, and many different sorts of breads were 'enhanced' with Soya in Germany.

Protein isolates, fat, and sugar

I began investigating Soy, Soy products, and their production, out of a desire to find the optimal ways to provide the lowest cost, best tasting products with which, as Buddha would say, to 'displace' the non-vegan nutritional, and taste, equivalents from the world.

I myself was at first very keen on breaking soy down into its parts, and then using these parts independently, to give vegan products a higher protein content, thus making animal based foods obsolete.

I was very keen on the sort of 'nutrition bars' that are now marketed as 'meal replacements' and 'body building' tools.

However I have come to see the downside of this ambition. And I now have a firm conviction that Soy should be consumed in the traditional 'whole' food way, after having been grown, processed, and 'enhanced' in the 'traditional' ways that have served humanity for thousands of years.

Soy has been consumed as a 'whole' food for millennia. The health benefits have been proven. They are clear.

The problem is that in the West we have attempted to 'outdo' nature and 'tradition' through the use of chemical processes, and the 'breaking down' of whole soy into its constituent parts. In doing so we have introduced more problems.

One of the more recent problems has been the 'war on fats', part of the modern monomania with weight loss and a desire to be unnaturally slim, while still over-indulging and living a very passive lifestyle.

'That sugar movie' lay the 'cap-stone' on my studies of nutrition, in relation to 'fats' and 'oils'. Watch the movie. It is a real eye opener. And it seems to support a lot of 'anecdotal' evidence that fats in 'whole' foods were never the culprit they were made out to be. In fact the culprit is sugar. Or *fructose* to be more precise. Fruit sugar. Processed sugar, the white stuff people add to their food themselves, is made up of fructose and glucose. Glucose is the good stuff.

Eating fructose is the equivalent of drinking alcohol, as far as your liver, and your health, are concerned. The liver processes it in the same way, with the same associated health risks.

Fructose also triggers the brain to release insulin. While insulin is in the blood-stream, fats are ignored, and only sugars are burned as fuel. In other words when you eat fructose with fat, you are basically guaranteeing that the fat will be stored in your body, in your liver, heart, and muscles, rather than burned.

The 'sugar-rush' at first gives you a high. The problem is that the body tends to produce more insulin than is necessary. In the past this made sense. For sugar was such a rare commodity that the body was keen to ensure it captured any amount it was lucky to get access to.

The insulin picks up the sugar and carries it away to be burned as fuel. But soon it has captured all the sugar. The brain tells the body to stop producing insulin. However there is still a lot of insulin floating around, and it is 'capturing' all and any sugar it can find. This leads to a sudden drop in blood-sugar levels.

And so we suffer the 'crash' of the 'sugar high'. We feel lethargic and dull. We suffer real withdrawal symptoms. We crave more of the stuff. We are sugar junkies.

The food industry has been 'pushing' sugar on us and our kids secretly. They have loaded every imaginable processed food with huge amounts of sugar, without drawing our attention to it.

And not just natural cane sugar which is only half fructose. But a new, high-fructose corny syrup. For glucose is far less sweet than fructose. It is fructose that gives us the 'high'. Like alcohol. And also gives us a similar 'low', and the same health problems.

Like any addict, we crave the source of our addiction. And our 'suppliers' are keen to keep 'pushing' the stuff on us and our kids. Lurking in school canteens with the most seductive advertising and promotional gimmicks, to make an already addictive and naturally tempting product completely unavoidable, and seductive.

Watch the movie. I was shocked at how much refined sugar is added to products, from baked beans to baby food to muesli bars. Most of the 'healthy' foods we have been encouraged to eat are in fact sugar bombs waiting to go off in our livers, our hearts, and brains.

It is the fructose that is converted into nasty fats and toxins in the liver, and which is converted into the fat we find so unattractive all over our bodies.

It is the fructose that stops the body burning up the fats and oils in our foods.

The presence of fructose, sugar, in our bloodstream, is like a traffic light re-directing fats directly to storage in our tissues, while the body does its very best to take up as much of the sugar in our bloodstream as it can.

Remember that for most of our history as a species, we had very little access to sugars. And they were always bound up with whole foods. The whole foods, as in the case of soy, protected us from most of the negative potentials of the individual components of the foods. They ensured our health and vitality. The body is adapted to that sort of environment.

And then suddenly we throw this organism into a modern supermarket.

Marketing takes advantage of every trick and manipulation to ensure that we consume products that are making us sick.

These products would be fine in very small doses.

However we are manipulated into consuming huge amounts of them.

Of course we let ourselves be seduced. We crave the 'rush'. We are addicts.

The food industry are the 'pushers'.

They start with us as babies. And they never let off.

I think that advertising of alcohol, and most processed foods, should be banned, as tobacco advertising has been banned. For health reasons.

We are facing an epidemic of diet related diseases and illnesses.

We are paying today for the crimes of tobacco, and the corrupt politicians who let themselves be 'bought'.

We will continue paying for the crimes of the processed food and alcohol industries until we face facts, and take a more responsible approach to all forms of intoxicants, including processed foods, and sugar.

I mention all of this to make you think twice about 'fat reduced' products. And more specifically, 'fat reduced' soy products. I wanted to ensure you that by eating whole soy products, you will not automatically become fat.

In a moment I will explain to you why it is not really safe to consume most 'fat reduced' soy products. It is because of *how* they reduce the fat content.

I want to make clear that it is not necessary to worry about the fat content of whole soy foods, in terms of health or looking good. In fact you will look much better, and feel much healthier, if you eat whole soy foods, rather than fat reduced soy foods. In fact most 'whole foods' are much healthier eaten with their natural balance of fats and oils, than their 'fat reduced' equivalents. Not just because sugar is always added to make up for the fat removed, thereby doing more damage than good, in terms of health and 'looking good', but because of how the fats are actually removed.

And the last point about Soy is that we should be wary of overconsuming Soy, like any other protein. We only need 30g or so of protein a day. We will get this eating a balanced diet of plant based foods. Soy should be treated as a condiment, rather than a main dish. That is how the traditional soy eaters have treated soy products. That way we gain all the benefits without any risks. That way we avoid going from the extreme of a diet too high in animal proteins, to a diet *too* high in plant proteins.

Soy Lecithin and Hexane

Lecithin has been marketed since at least the 1920s as a preventative and cure all for all manner of health problems in the popular and scientific media alike.

Lecithin, and Choline products derived from lecithin are today used to prevent and reverse dementia, improve cognitive function and mental acuity, increase human growth hormone (hGH) release, and to treat brain disorders such as damage from stroke.

These products are thought to help build nerve cell membranes, facilitate electrical transmission in the brain, hold membrane proteins in place, and produce the neurotransmitter acetylcholine.

However the debate, ongoing since the 1920s, continues to rage back and forth as to whether these products actually work.

While considered harmless unless you have a soy allergy, some doctors advise anyone taking choline supplements to also take extra vitamin C to protect them from the nitrosamines formed from choline metabolism. The potential risk is that trimethylamine and dimethylamine, metabolized by bacteria in the intestines from choline, are key precurors to N-nitrosodimethylamine, a potent carcinogen, and thus potential cancer promoting agent.

However as most modern soy lecithin has been gained via chemical extraction for reasons of cost and time, you should also consider the general risks associated with soy lecithin, which I will explain in detail in a moment.

Soy Lecithin is also commonly added to many products without any medical motivations.

For example it is probably the most commonly used 'emulsifier' in processed foods today, from chocolate to ice-cream, to peanut butter and margarine, right down to baby formula.

An emulsifier is simply a substance that *makes* oil and water mix into a homogenous liquid.

In nature oils and fats tend to separate from water, and solidify. You get a lumpy consistency. A mixture of liquid and blobs of fat that congeals together to form lumps and yucky looking, cloudy, unappetising blobs. The fat, in the absence of such an emulsifier, also tends to 'leak', 'seep', and 'sweat' through even plastic packaging.

Of course you could package everything in glass and aluminum foil, and just 'shake' the bottle before using it. But that costs a few cents more. And who has the time to shake a bottle? No, people are offered bleached, pure white, smooth products and they expect all their food to look 'perfect' as a result.

As soon as one company starts marketing something that 'looks' better, the others will have to join in the crime, or risk losing market share.

Soy lecithin can also increase the shelf-life of products, among other benefits unrelated to appearance or taste.

While Soy Lecithin appears to offer many benefits, such as in aiding brain functioning, and improving memory, and hence potentially protecting and providing some relief from neurological disorders and diseases such as Alzheimers, there is a subtle twist that few people have been made aware of.

As always, the devil is always in the details. Details which clever marketing professionals like to misdirect your attention away from, and even directly mislead you.

Most of the world's soy lecithin comes from Genetically Modified Soy, a GMO (Genetically Modified Organism). GMOs have been banned from the EU after scientists found links between GMO's and decreased fertility, immunological alterations in the gut, and allergies.

Genetically engineered soy contains high concentrations of plant toxicants. The presence of high levels of toxicants in the GM soy represent thousands of plant biochemicals many of which have been shown to have toxic effects on animals.

All the large agribusinesses care about is profit. Short term, quarterly profits. GMO crops allow them to use more pesticides, and thus yield larger harvests.

This of course means that the soy itself is exposed to more pesticides than conventional soya crops. Not all these pesticides are removed during processing. Residues tend to remain in the soy lecithin, as they are oil soluble. They are dissolved in the oil which is extracted from the soy bean, and then used as an emulsifier.

So already you have a toxic substance being added to hundreds of products.

Then there is the question of the unknown safety issues associated with GMO products, which have only been around for a few years. There is no way to know what potential havoc GMO products will play with our own health, our DNA, and the health of the environment.

Some GMO crops have been engineered so that insects will not eat them. I wonder what sort of person eats something that a hungry *insect* refuses to eat? I mean, how fussy could an insect be? And yet the company expects that you and I will eat what the insect rejected? Go figure!

So now we have toxic pesticides, and unknowable GMO related risks.

One problem with the large publicly listed corporations that have taken control of the entire food chain, often aggressively forcing out small scale, family operations, or buying them out, along with their 'goodwill', the 'trust' of their consumers, is that any minute cost savings they can find will be exploited.

Consider a family business selling 1000 units of an item. If they manage to decrease the cost of production by one cent, well they can earn 100 dollars more. The family business will not be so mono-maniacal in seeking out and implementing such cost savings.

Especially when there are potential health risks to their customers, whom they have a personal relationship to, or to the local environment, which is often where they and their own families, and customers, live.

However huge corporations have decision makers who, for all intensive purposes, might as well be living on a different planet. They own their own nature reserves where they live, and grow their own food. They would never risk eating the food they sell their customers. They would never imagine exposing themselves to the production processes they force their employees to expose themselves to.

They do not have the same connection to the location, where their products are produced, and thus have no real interest in that local environment. Their employees are not family. They are just inter-changeable, replaceable, units of production. Their consumers are complete strangers and merely represent potential profits to the shareholders and other profit takers in the company.

During war-time the most efficient means of feeding the population are sought. It is a matter of mere survival. Short term survival. For the duration of the war. War-time innovations in technology, including 'ersatz' food sources, and food and petro-chemical processing, were later adopted to lower the costs of production, and increase profits for post-war corporations.

For thousands of years people have 'processed' soy beans in the traditional ways of soaking, dry roasting, cooking, and fermenting. These processes removed the bitterness, and broke down substances in the soy that inhibited the human digestions ability to fully benefit from the nutrients present in soy products.

Moreover, traditionally soy was eaten as a whole food. The harmful or less desirous properties of soy were counter-balanced by the beneficial and desirable properties.

So two more problems are introduced by more 'modern' soy processing, to add to that of pesticide residues and GMO risks.

One problem is introduced by the use of Hexane, a known neurotoxin. It is employed as a solvent, to separate the oils in soy from the fibers, proteins and carbohydrates. Hexane is used to separate Soy Lecithin from the whole soy, for use as an emulsifier. This emulsifier is added to almost every processed food you can imagine, that contains fats.

The emulsifier Soy Lecithin stops fats and water separating. Thus it gives chocolate, baby formula, baked goods, and too many other foodstuffs to name, a smooth consistency.

Lecithin softens the skin and helps other ingredients penetrate the skin barrier, so it is common ingredient in many cosmetics, moisturisers, soaps, and lotions

And while in theory lecithin is hypoallergenic, in reality traces of soy proteins remain. This can be a real danger to those who suffer from soy allergies. Kunitz tryptin inhibitor has been measured in soy lecithin and soy oil. This substance in particular is known to trigger severe allergic reactions to people with soy allergies.

Another benefit of Soy Lecithin is as a natural preservative. Soy Lecithin is added to a host of products to increase their shelf-life. Bread is a good example.

And finally, soy derivatives are also being used to bring fruit that are close to ripen, to ripen, to allow farmers greater control over harvesting times.

Hexane residues have been found in Soy Lecithin, and thus in many processed foods. However it is not officially targeted by any government regulations.

More obvious and measurable are the environmental impacts. Soy Lecithin production is responsible for around 66 percent of all Hexane gas emissions. This is a highly toxic form of air pollution.

Even more directly impacted are the workers who are exposed to Hexane during the production process.

The most harmless solvent known to humanity is called water.

We 'dissolve' things in water.

We 'wash' things in water.

We use water to separate parts from the whole.

For thousands of years people have 'soaked' whole soy beans in water. Elements of the soy that produced 'bitterness', and made it difficult to digest, were leached out during the soaking, and steaming / cooking process. Water was the solvent.

Then engineers found that they could save time and money by using Hexane to dissolve the oil in soyabeans from the bean, and hence extract it.

A few cents multiplies into a lot of money if you are a huge corporation producing millions of units of soy products.

It would never interest a family company.

Workers willing to put up with the smells of natural soy production wouldn't risk their lives for a few cents extra profit.

Locals would not allow toxic Hexane fumes to be pumped into their air, just for a few cents profit.

But a big corporation, mono-maniacal in its addiction to maximise profits, by minimising its own costs (without concern for the external costs it thereby forces others to pay, such as the workers, the locals, and the consumer's and health systems long term health costs), will jump at a chance to save a hundred thousand dollars. That is their 'elan vital'. Their 'raisson de etre'. Their justification for their own existence. They 'earn' billions by saving cents here and there. They don't care what costs they impose on the future. Their 'performance' is measured in 'quarters'. A few months. If they can save a few cents here and there, it adds up to a good quarterly performance. What do they care about 'long term' costs and benefits? They are in it to make short term windfall profits, and then to retire to a life of ease far away from the real world.

And so, to save a few cents, a few executives ensure that our entire food supply is potentially contaminated with neurotoxins. They ensure that every year hundreds of workers suffer horrific diseases and illnesses, due to 'accidents' and 'spills' and exposure to known toxins.

Research done into Soy producers has revealed one key insight.

Those products produced by vegans are the only products that meet the highest ethical standards in terms of environment, worker, and consumer.

Surely it makes sense to trust people who care about the least powerful members of our world, simply on principle, to take care not to harm the most powerful, those with the power of retaliation and legal redress to the slightest of perceived or real infringements on their rights and privileges.

A boss who cares about powerless animals they will never meet, is surely more likely to care about their own employees, neighbours, and consumers.

This is why I want to set up a vegan co-op run by vegans.

Vegans who are ambitious to make the return to the vegan lifestyle (for in Eden, the bible, and even more ancient religious myths, tell us, we were all vegan. Adam and Eve were gardeners. The coming 'heaven on earth' will be vegan. God gave Cain the 'mark of Cain' to protect him from the rest of humanity. The message is clear. It comes out from some unconscious source. But it is clear.

Vegans who are not motivated by short term monetary profit. People who don't value their own holistic inheritance merely in direct proportion to how effectively it can be monetized. People who are ambitious for more than just a big house, a fast car, and overseas holidays. People who are balanced. People who want a good lifestyle, but want to pay for everything today, themselves. People who don't want a benefit that comes at an expense to another being.

I also cannot bear willful self-deception. Or jealousy and envy. A co-op is not a Marxist enterprise. While it is a form of corporation where the workers and consumers own the means of production and distribution, people bring unequal holistic inheritances, and offer unequal sacrifices and efforts.

So within the co-op there would be some inequality of outcomes for the participants. Those who work harder, longer, take greater risks, and make greater sacrifices, will be rewarded proportionately.

However there will be none of the artificial, unearned rewards and windfall profits that define most corporations today.

The vegan co-op is not just about a vegan lifestyle. It is not just about producing the best vegan products at the lowest opportunity costs. It is also about producing the optimal form of co-operation. The optimal form of organisation.

It is about realising the dream people have had for millennia, of a Garden of Eden. An Eden where we are gardeners. . An Eden where the lion can lay down with the lamb, and eat straw. As odd as that sounds, I think if you watch enough You-tube videos you will see something strange appears to be happening.

Dogs breaking up literal 'cat fights'. Cats defending small children from dogs. Lions playing with their human companions. Wild wolves playing with tourists.

And the more we learn about the other animals we share this earth with, the more we abandon our human chauvinism and speciesism. The greatest philosophers and thinkers of all time never excluded other animals from the feelings, emotions, and ways of being and seeing that other, more ignorant people ascribed as the exclusive property of one species.

Speciesism will be the last 'ism' to fall. I think that first Capital-ism will have to fall. That will happen when we stop being slaves to the huge corporations that control everything right now.

Social democracy, enjoyed by a vegan humanity, has the potential to bring about a New World Order worthy of the Age of Aquarius.

Isoflavones and estrogen: clearing up the confusion

The two major soy isoflavones are genistein and daidzein.

Isoflavones, also known as Phyto (plant) estrogens, are a plant's equivalent of the human hormone Estrogen.

They are not estrogen per se, as it occurs in animals, including humans.

Which is good news.

Because in humans, estrogen acts upon all parts of the body equally, in the same way.This is good in general. But bad in specific ways.

In specific ways like breast cancer in men and women, and in prostate cancer in men.

You see estrogen is responsible for both breast cancer and prostate cancer.

But the phytoestrogens / isoflavones of Soy act like estrogen in *some* parts of the body, while they actually '*counter'* the effects of estrogen in *other* parts of the body.

Luckily for us these parts include the breast and the prostate.

These isoflavones / phytoestrogens, by sheer good luck, *counter* the otherwise dangerous effects of estrogen in the breast and prostate.

In other words you get the benefits of estrogen, without the risks. It is like a more perfect estrogen!

But please keep this in mind. Once you remove the naturally occurring phytochemicals from their 'whole food' context, they are likely to lose many of their benefits, and introduce new, unknowable, as yet undiscovered, negative side effects. In their 'whole food' form, the plant estrogens are compounded with many vitamins, minerals, anti-oxidants, pro-vitamins, and exist in even more complex chemical and physical relationships to the whole that are not yet fully understood.

The protein and isoflavones appear to act synergistically to provide health benefits. When you separate the whole soya bean into parts, you lose these synergies, and even introduce negative factors like oxidation, that were not present in the whole. So stick with whole soya bean products. Products that contain the entire soya bean. Traditional products like roasted soya beans, soya milks, and tofu. Products that humans have been eating, without problems, and with many benefits, for up around 1500 years. Let that be the 'clinical trial' you have confidence in, rather than anything the FDA or paid lobbyists have to offer.

I have to laugh when I read 'but babies have been consuming these products for *years'*. This can mean two years. Hardly a basis for forming a judgement about a new product, virtually a pharmaceutical, which has only been around a few years. Most of the famous cases of 'side effects' took decades to discover. Usually the producer's knew of these long before any official studies took place, let alone the FDA actually issued any warnings.

Even within the short time that the new soya derived products have been around, clinical studies of many of the new 'drugs' derived from soya beans indicate definite health risks. So stick to the known. Only consume products you can have confidence in. And don't worry about getting enough protein. A cup of soy milk, some fried tofu, with a meal of vegetables and whole grains will more than cover your needs.

We have all been brainwashed to think that humans require masses of complete protein. In fact the opposite is being exposed with every new independent study. Protein is in fact bad for you beyond very low levels. It took me some convincing I must admit. I uttered many expletives as I considered all the available literature and research. It all pointed to the desirability of keeping (complete) protein levels quite low. To around 25mg per day. And that is about how much complete protein you will get from one liter of soy milk. Or 250g of tofu. Or 60g of whole soy flour.

Please avoid any soy product with a protein content higher than 40%, because it will have been processed in ways that not only reduce the nutritional content, but actually add harmful qualities to the food, even neuro-toxins such as hexane residues.

People have been eating whole soy and reaping the rewards of health, vitality, and beauty, for centuries. So you can have confidence when eating *whole* soy products.

The current trend towards isolating supposed ‘active ingredients’ and selling them as ‘natural’ products is full of potential hazards and pitfalls. It will take decades for side effects to be documented.

You should treat such ‘isolates’ like any other pharmaceutical. Early studies of many of the new ‘drugs’ derived from soya beans indicate definite health risks. And remember that the government do *not* do so. Many of these new ‘drugs’ are unregulated. So the risks are unlikely to be discovered until it is too late for you to benefit from the warnings. By limiting yourself to the tried and true ‘whole soy foods’ approach that has worked for hundreds of millions of people for hundreds of years, you get all the benefits, and avoid all the risks!

Studies have shown that a typical Asian level of soy consumption, and thus consumption of isoflavones, can actually prevent these cancers, and aid in recovery from them.

Breast and prostate cancer rates are in fact four to six times lower in Japan and China than in America and Europe.

And in laboratory studies, isoflavones from soy were able to inhibit the growth of breast cancer and prostate cancer tissues.

Clinical research shows that soy protein directly lowers serum cholesterol levels in adults and children. Clinical studies consistently indicate that soy foods can produce a *decrease* in the levels of ‘*bad’*(LDL) cholesterol, and an *increase* in the ‘*good’*(HDL) cholesterol.

Eating 25g (one ounce) or more of soy protein a day is necessary to obtain this benefit. This amount of protein contains about 45 mg of isoflavones.

Keep in mind that one cup of soy milk contains around 7 grams of soy protein, while 100g (4 ounces) of tofu contains about 10g of soy protein.

Products containing at least 6.25 grams of soy protein per serving may legally carry the FDA-approved claim on their label; stating that a low-fat, low-cholesterol diet containing at least 25 grams (about one ounce) of soy protein a day may reduce one’s risk of heart disease

The cancer rates, and life expectancy rates in general, of Asian nations where Soy is typically consumed, confirm these studies. Asians enjoy the longest life expectancy in the world. For example 85 for Japanese women compared to 80 for U.S women, and 78 years for Japanese men compared to 74 for U.S men. So adding a few servings of soy to your diet can add four or five years to your life, not to mention improving the *quality* of your life.

The April 8, 2005 issue of the British Medical Journal reported on ‘The Mediterranean diet research’, the largest study ever done to address the question of diet and longevity. This study of 74,607 men and women, aged 60 and more, found that people relying more on a plant based died lived longer.

China has the oldest recorded use of soya, dating back to around 500 C.E. The Japanese, new-comers, have a 1000 year tradition to look back on.

The current generation of Japanese eat around 1 to 1.5 servings of soy per day. A serving is defined as one cup of soy milk, or half a cup of tofu or tempeh.

However older people tend to eat a more traditional 2 to 3 servings per day. Based on research into their health, nutritionists can safely say that no negative effects have been observed in the millions of people eating up to 3 servings of soy per day.

(www.drmcdougall.com claims that the typical Japanese or Chinese Soy intake is only around 60g, representing around 5% of their daily calorific intake. This provides around 8g of complete protein, and 15 to 45mg of isoflavones)???

This could take the form of soymilk with breakfast cereal. Some fried or baked tofu with dinner. And a few soy snacks throughout the day. Beyond this amount of soy no additional health benefits have been observed. And no hard scientific data can be provided to guarantee you are not exposing yourself to unknown, as yet undocumented, risks.

This amount of whole soy would provide enough completely balanced protein for any adult.

Remember that all foods provide protein, and by eating a range of different plant foods, you will ensure that the proteins in each combine and complement each other to offer the complete range of 9 essential/indispensable amino acids which the human body cannot produce itself.

For example if you eat a mixture of corn and lima beans, either at the same time, or at different meals, the amino acids/proteins in each will complement each other to provide the full complement of 9 essential/indispensable amino acids.

Studies suggest that girls who begin eating soy foods early in life (from as young as 6 yo 9 months is typical in Asia), can decrease their chances of suffering from breast cancer later in life.

Men read 'estrogen' and worry about the effects on the male sex hormone testosterone.

Studies in which men consumed up to 20 times the typical Asian male's Soy intake indicated that any 'feminising'effects were very mild. No health risks were identified even at these huge levels of isoflavones / phytoestrogens consumed.

It is because isoflavones / phytoestrogens only act 'like' estrogen in *some* parts of the body. They have no effect on sperm counts or sperm mobility, for example.

The relationship between soy and thyroid conditions also requires explanation. Soy consumption is only an issue for people who *already* have a thyroid condition, and are already taking medication for that condition. In such cases the amount of medication may need to be changed according to how much soy is consumed. However once this adjustment is made, the person can enjoy the benefits of soy without any negative impacts on their thyroid condition.

And any fears of goiter and thyroid problems in infants can be allayed. Soy simply increases the body's requirement for iodine. The addition of adequate iodine to the diet reverses any goiter-causing effects related to soy. Iodine occurs naturally in sea salt. If you buy other forms of salt, pay a few cents extra for the 'iodinized' salt.

In fact population studies suggest soy protects against thyroid cancer.

Soy isoflavones also appear to enhance the immune response. One consequence of this is that Soy has proven successful in treating arthritis, in which the body's own immune defenses attack the body itself.

Soy consumption also appears to provide improvements in cognitive function for pre-menopausal females under the age of 65.

This clinical evidence is supported by the fact that Alzheimer's disease and other forms of dementia are less common in Asia compared to Western populations.

Traditional soy products include boiled soybeans (edamame), tofu (soybean curd), natto (fermented soybeans), miso (fermented soybean paste), okara (a byproduct of tofu), soybean sprouts, soymilk, yuba (by-product of soy milk), kinako (soy flour), and soy sauce.

These products are thought to correlate with the lower incidence of heart disease, osteoporosis, and cancer of the breast and prostate in China and Japan. Note that most Chinese or Japanese eat little or no animal products, in keeping with a Buddhist tradition.

Soybeans are often crushed to separate the oil from the protein and fiber of the soy bean.

Phyto (plant) estrogens called isoflavones remain in the soy protein.

But further processing can affect the level of isoflavones.

Raw soybeans, roasted soybeans, soy flour, and textured vegetable protein have a similar isoflavone content.

Tofu and soy milk have lower isoflavone levels due to rinsing or the addition of water and flavorings.

Soy protein isolates contain lower amounts of isoflavones

Soybean oil contains no isoflavones and soy sauce has little or none.

Nutrient Absorption and inhibition

The indigestible oligosaccharides (sugars) stachyose and raffinose can lead to flatulence and abdominal discomfort in humans and animals. They are broken down in the gut by microbes which themselves produce gases such as carbon dioxide, hydrogen, nitrogen, and methane. In other words 'smelly farts'. This is one reason why dogs tend to have smelly farts. The bulk of dog food today is soy that has been processed using the most 'cost efficient' methods.

Enzymes like amylase lipase and protease are released during digestion. They help breakdown and free up nutrients such as carbohydrates and protein.

Lipoxygenase enzymes and trypsin inhibitors present in the raw soy bean can interfere with the operation of such enzymes, so that the carbohydrates and proteins in raw soybeans fail to be fully digested.

Other compounds present in all beans and grains, including Soybeans, such as phytic acid, can interfere with the absorption of minerals such as calcium, iron, and zinc.

However the good news is that cooking, steaming, roasting, toasting, or fermenting soya beans breaks down all these substances, de-activating them, and neutralising their impact.

Raw

Raw food vegans eat only raw plant foods. Exclusively. And nothing else.

Their diet consists of raw vegetables, fruits, nuts, seeds, sprouted grains, cereals and olive oil.

Note that we are talking about ‘whole’ foods. Not fruit juice, which is pure toxic addictive fructose packaged in plastic, rather than fiber, vitamins, and minerals.

Their diet consists of roughly 10% protein, 43% fat, and 47% carbohydrate.

Conventional wisdom would suggest they should be fat and unhealthy.

In fact studies indicate raw food vegetarians are in fact trimmer, slimmer, and in better physical shape than the general population.

Got milk? Making soy milk, rice milk, almond milk, oat milk, and tofu at home the traditional way, and the quick, easy, cheap, convenient, modern way

More great news. One of my pet gripes has been the excessively high cost, and often sheer lack of availability, of soy milk in most supermarkets.

Until recently it was only large, non-vegan companies selling soy milks as a complement to their dairy products. They were either taking advantage of a lack of competition, or deliberately pricing their products above their dairy products, in order to ensure that only people that were lactose intolerant, or allergic to dairy, or very keen health and vegan enthusiasts, would buy soy milk. They wanted to ensure full spectrum market domination without encouraging people to switch to soy milk.

Of course recently other competition has entered into the soy milk marketplace, and at least in Germany, it is possible to buy a liter of soy milk for not much more than the dairy equivalent.

However there is something seriously wrong here.

For you will discover that soy milk is massively cheaper to produce than dairy milk, despite that most of the 'work' is done by slave labor. (Cows).

The great news is that it is really easy to make soy milk at home, using the pots and pans most people already have.

It will cost you less than 20cents a liter.

The even greater news is that, for around 120 petro-ponsy-scheme-zionist central bankster (U.S) dollars, or 80 Euros, you can buy an attractive, compact, almost completely automatic, fast, and efficient, soy milk maker.

And in most of these soy milk makers you can also make any other sort of milk, from oats, brown rice, seeds, nuts, or any combination thereof.

These machines pay for themselves by virtue of the fact that they get more soy milk from the same amount of beans than you will get using traditional 'manual' methods.

They also pay for themselves in time savings. They require only a few minutes of your active participation, and an overall 'processing' time of around 20 minutes.

Whether you make the milk by hand, or use a machine, what you will enjoy are the massive cost savings. For if you make your own soy milk from soy beans, whether using the machine or more traditional methods, it will cost you a tiny fraction of what soy milk costs in the supermarket. In most cases this represents a cost saving of over one dollar per liter.

For example you will get around 16 liters from a small bag of beans costing you a dollar and sixty cents. That equates to 16 cents per liter.

And if you buy your beans in bulk, in larger bags, the cost savings will be even greater. Soy beans keep a long time without refrigeration. Just keep them in a typical kitchen cupboard or pantry.

You can buy direct from your favorite soy bean grower, to ensure you are getting the best quality, non GMO, organically grown, beans from farmers who take care of their soil, your environment, and their workers.

I wonder if one day there will be all manner of soy bean 'roasts' and 'types' like you get today with coffee beans? I have to check this out. Already 'dry roasted' soy beans are preferred by most people, for their flavor. I am sure a whole culture will grow up in the west around this new bean, and a whole bunch of drinks will emerge. Remember that soy beans were once used as a coffee substitute, and are today used in candy bars!

You will also save the environment, by eliminating packaging that represents a waste of materials, energy, and poses all the problems of waste disposal, including air and water contamination, and transportation to incinerators and landfill.

You will be able to tailor your milk to your own tastes and needs, making it thicker or thinner, and adding whatever flavors you wish. You will not be forced to consume artificial colors, flavors, or preservatives. You can decide exactly how sweet it will be. You can decide exactly how much salt to add.

You can experiment with your own custom blends of different ingredients. You can go 'complete protein soy' from the start, or mix up a complementary blend of amino acids and nutrients using different seeds, nuts, and grains.

You can ensure a complete complement of vitamins, minerals, carbohydrates, and proteins, by combining a variety of nuts, seeds, and grains.

You can then use the soy milk to make traditional tofu, or use your own custom blend to make '*your*-fu'.

This guide has a chapter devoted to making tofu at home.

The traditional Japanese method of making soy milk at home

Soak your dried soy beans overnight in water, allowing about 3 cups of water for every cup of soy beans. Ensure that the beans are covered by at least 10cm of water.

Depending on the room temperature, they will need from 8 to 12 hours to thoroughly re-hydrate to around three times their dry size.

Soaking them longer, say for 24 hours, apparently makes them even more nutritious.

Sprouting the beans adds even more vitamins and minerals.

And for the absolute in convenience for the laziest of us, some modern soy milk machines even let you avoid the soaking, and simply open up your packet of dried soy beans and pour them straight into the machine.

We will consider this factor, and the other various merits of the different soy milk machines in a moment. But for now back to the 'hands on', traditional approach.

When the soaked soy beans are ready, they will readily break into two halves when you rub them between your fingers and thumb, and the skins will easily rub off. However there is no need to break them into half or rub the skins off. This is just a way to test if they are ready yet.

The soaked soy beans will have taken on a more yellowish color.

Now rinse the beans in cold water.

Then place the beans in a blender. Add about one half of water per cup of beans. Blend on high for around 30 seconds.

Pour this mixture into a pot. Rinse out the blender a few times with water, pouring this water into the pot as well, to increase the fluid content a little.

Heat up the mixture on medium to high heat until it comes to a boil, stirring as it heats up. Once it reaches boiling point turn the heat down to low, and keep stirring as it simmers for around ten minutes. You can either spoon off the froth or mix it back into the mixture.

After about 10 minutes, turn off the heat.

You will now want to strain the mixture, to separate the fluid 'milk' from the 'Okara', the soy residues.

Be careful, as the mixture will be hot. You may want to wear rubber gloves.

First place some cheesecloth (use 3 to 5 layers), muslin, or any similar material over a large metal strainer, and place that strainer over a large bowl to collect the soy milk in.

When you pour the mixture into the strainer, most of the liquid will immediately strain through the cheesecloth and strainer into the bowl.

But you will now have to pick up the corners of the cheesecloth, bring them together, and then twist them around, compressing the cheesecloth, and forcing the remaining soy milk out from the 'Okara' and into your bowl.

The milk will have around 10% soy content.

The fresh 'Okara', the remaining soy grinds, can now be used in stir-fries, baking, and so on. They are very nutritious, mild in taste, and will take on the flavor of whatever you cook with them.

Okara is rich in fiber, calcium, and protein. So whatever you do, don't just throw it away. If nothing else, then simply stir it into a soup, to thicken it and add valuable nutritional value.

You can drink the milk immediately, enjoying a vegan hot chocolate or café latte.

Otherwise leave it to cool before enjoying it.

It will keep well without refrigeration for several days.

However like most drinks, it tastes best served cold.

Don’t get fixated on Soy (Protein)

Remember that there is no need to ensure you consume all 9 essential amino acids in the same meal, or even on the same day. The modern consensus is that as long as you eat a variety of plant based foods, across a period of several days, you will provide your body with the optimal nutrition, including protein, which it requires for optimal performance.

With ‘milks’ it is just so easy to blend nuts, seeds, and grains together, so that the nutrients of each complement the other.

If you are soy intolerant, or worse, have a soy allergy, then have no fear, for there are many tasty, nutritious alternatives to soy milk.

It is so simple to ‘complement’ the protein contents of grains, nuts and seeds.

For example, simply by using rice or oat ‘milk’ to make pancakes, you are automatically combining and complementing proteins, as you are effectively adding rice and/or oats to flour.

However if you are limiting your calorific intake, and eating very little, then soy milk or soy powder added to your pancake mix will ensure you get your daily requirement of around 25g of complete protein. In fact simply drinking one liter of soy milk will provide that.

For most Westerners, it is more about reducing how much protein we eat, rather than worrying whether we are getting enough. Our problem is an excess of protein in our diets and the associated problems earlier identified with ‘protein overload’.

The only time you need to take any care is when you are strictly reducing your overall calorific intake, and not eating very much at all.

In those cases 50g of soy flour, or a liter of soy milk, will ensure you get all the protein you need.

Rice milk

Note that many ‘milk’ machines allow you to make rice milk as well. In this case the machine does not heat up.

Rice milk contains no cholesterol, but is high in anti-oxidants, and the B group of vitamins. It is also a great source of electrolytes suitable even for infants.

It is great for those people who cannot enjoy other forms of milk, due to gluten, casein, nut, soy, or lactose allergies, or want to avoid high calcium foods because of kidney stones.

It can be used as a milk alternative in recipes, and forms a basis for great smoothies, café lattes, and hot chocolates.

Note that if you want or need more calcium in your diet, broccoli and kale are great plant sources of calcium.

To improve the taste, first lightly toast the rice in a hot pan for about four minutes.

Then place the rice in a large container.

We will then soak the rice in water overnight, or for around 10 hours, using a ratio of around 1 cup of rice to four cups of water.

After the rice has thoroughly soaked in this way, we place the entire mixture of rice and the water it was soaking in, in a blender.

Blend for around two minutes on high.

Leave the mixture in the blender to give any larger particles that were not completely blended a chance to settle to the bottom of the blender.

Pour this mixture through a sieve or filter to capture the larger particles of rice.. Rinse out the blender pouring the contents through the filter.

These rice particles that have been caught can then be used as rice flour in cooking

You can add whatever sweeteners and flavors you like. Experiment with sugar alternatives like nutrient rich sorghum, for example.

Brown rice has a lower G.I, and a nuttier taste. It also contains more nutrients than white rice.

Oat milk

Note that many ‘milk’ machines let you make oat milk as well. In this case the machine does not heat up.

Oat milk is a highly nutritious alternative to soy and rice milk.

It forms the basis for great smoothies, or as a milk replacement in recipes.

Use raw oat groats.

Soak the raw oat groats overnight to neutralise / release the typical nut/grain enzyme inhibitors that can otherwise interfere with the complete digestion and nutritional benefits of many nuts and grains.

After at least around 10 hours soaking, bring the mixture to the boil and then remove the heat, leaving the groats to simmer and then cool.

Once the groats have cooled down, place the mixture in a blender with some water and salt.

‘Milk’ machines

My plan to mass produce cheap soy milk has become redundant. Yey! That much less work for Markus to have to undertake.

‘Don’t have a cow?’ Well now you don’t need one.

You’ve heard of mad cow disease? Well how about a ‘nut’ cow? Well a soy / rice / nut milk machine, to be more precise.

These machines are about the size of a typical electric hot water kettle. They are good looking, elegant, and multi-functional. You can use them to make all sorts of milks. I expect they will also make coffee! I cannot wait to try! They will be the first fully automatic ‘café latte’ machines if they do manage to pull off this trick!

These soy machines have their own in-built water heaters, grinders and very fine metal mesh filters.

They are simple enough to satisfy the most fanatical of minimalists like me. Simple to use. Simple, quick, and easy to clean. In fact the whole process may take 20 minutes or so, but it will only take a few minutes of your actual attention. Most of the time you are free to write that new novel, song, or pay your cat some attention.

You simply add your soaked (or in some cases dry) soy beans, and water, to the machine either via a ‘port’ in the top, or by opening the machine and placing the beans in the machine.

You can add different nuts, seeks, oats, rice, and so on, to produce your own special blend.

And then you can make tofu, or *mo*fu, or *your*fu, or *kung*fu, tailoring the milk to your own specific tastes.

For example use more soy beans, or add some sesame seeds, or almonds, or oats.

A quick overview of some of the most popular brands of 'milk' machines

The Soyabella soy milk maker houses the grinder inside a special fine metal mesh filter. You place the beans in the filter and close the lid. The machine then heats the water and beans to around 80 degrees celcius before grinding them. The soy (almond, rice, oat) milk then filters down through the fine metal mesh filter into the bottom of the machine. The soy bean pulp remains in the filter. You simply wait for around 20 minutes for the machine to go through a few cycles of heating and grinding, and then pour out your fresh steaming hot soy (almond, rice, oat) milk.

The Premium SoyQuick filterless soymilk maker and SoyaDirect (a U.K based company) belong to the newest generation of soy milk makers which manage to do away with a filter, making cleaning the machine just that little bit easier. They do this using a system called 'Perfect Grind'. At the end of the process you simply pour the milk through a simple filter/strainer that comes with the machine, into your cup or milk container.

This system does away with the need to carefully match the quantity of beans to the quantity of water.

With this new design you have much more room for creativity. You are free to make your milk 'stronger' or 'weaker', in terms of soy / nut / grain / almond content. You can mix and match grains, nuts, seeds, rices, and beans and vary the relative ratio of water to beans within a given range, making it more flexible.

Most modern machines first heat up the water, and therefore the beans, to around 80 degrees Celsius before the thermostat controlled grinder/miller kicks in. This ensures that there is little or no 'beany' taste.

With these machines you get over 50% yield, with 4 to 10% very fine suspended matter (okara) remaining in the 'milk'. This pulp is very fine and in no way any problem in terms of taste or drinkability. The final product contains about 4% dissolved soy solids...

Once you have poured out the milk, you can remove the Okara (pulp) for further use, then quickly and simply rinse the filter, and clean any part of the machine which came into contact with the soy milk with a cloth or cleaning pad.

Converting soy milk into delicious and nutritious home-made tofu

Fresh home-made tofu is just that much better than store-bought tofu. They do not bear comparison. It has a superior clean and delicate flavor that simply melts in your mouth.

It provides the perfect basis for delicious stir-fries, or blended up it will make the smoothest smoothies you can imagine.

It is important to note that because of the way supermarket or health-food shop soy milk is processed, it cannot be used to make tofu. It simply will not 'curdle'.

Tofu is basically soy 'curds'. To get the soy milk to 'curdle' (coagulate) you need to add a coagulant such as calcium sulphate (gypsum), traditional nigari, or simply use lemon juice.

Dissolve three to four teaspoons of whichever of these you chose, in a cup of warm water, and keep it standing by. You will add it after heating the soy milk.

The benefit of the gypsum is that it adds nutritional calcium to your tofu. The nigari is more traditional. Of the three you are most likely to already have lemon juice in your kitchen, and it will add vitamin C to your tofu.

You heat the milk to about 70 degrees Celsius. If you don't have a thermometer, then simply bring the milk to the boil, and then remove the heat, allowing the mixture to cool for 3 minutes.

Now add half the cup of gypsum / nigari / lemon juice mix. to the soy milk, stirring it in as you add it, using a gentle, gradual stirring action, first in one direction, then the other, then back and forth, and finally in a figure of eight in one direction, and then the other. The more gradually and gently you add and mix the coagulant to the soy milk, the softer, fluffier, and silkier your final product will be.

Turn the heat back up, while continuing to stir the mixture gently. It should start separating within a few minutes.

If, after adding this second half, the liquid that separates from the tofu is still not clear, but rather milky looking, then add the second half of the gypsum / nigari / lemon juice mix.

Once the mixture starts separating into tofu and a clear liquid, turn off the heat, and cover the pot.

Leave the tofu to continue separating for another 10 to 15 minutes.

While you are leaving it to set, line a steamer pot with some cheesecloth, muslin, or other material.

Once you have separated the tofu from the clear liquid, place the mixture in a container that will allow excess liquid to drain away.

You can use tofu kits, or simply punch a few holes in the bottom of an old plastic container. Your tofu will take on whatever shape the container is.

You can buy lovely wooden tofu kits. You place your cheesecloth in the base, and then fold it over the tofu. You then place the top of the kit on top of the cheesecloth, adding a weight on top so that it presses down upon the cheesecloth, compressing it, and thus squeezing out any excess liquid, leaving only the tofu. You leave the tofu to drain and firm up for about 30 minutes.

You then turn the kit upside down over a container full of cold water. The colder the better. Allow the tofu to fall out into this container of cold water. This will ensure your tofu firms nicely.

Store the tofu in water in the fridge. Change the water each day. It will keep fresh this way for about a week.

Now you are set to experiment with tofu lasagna, puddings, brownies, quiche, scrambled tofu, soups, stews, casseroles, baked tofu, pan fried tofu, stir-fried tofu, smoothies, puddings, pies, muffins, and so on.

Experiment with other beans such as chick-peas. Chick pea tofu is a delicious alternative to soy tofu. It is a great way to add variety to your menu, and avoid 'overdoing' the soy.

Critical acclaim for TROONATNOOR books?

The **New York Time's Best Seller** list is full of books. **Dan Brown** and **Michael Crichton** write **'exciting and insightful'** books. **New York Critics** are rarely **'speechless'.** If **Oprah** ever says **'it's the best book I had ever read'**, well I will be really happy. **BBC's Stephen Sackur** might say it was **'compulsive reading'**, because, well, that's the sort of thing he says**. Professor Stephen Hawkins** is really **'brilliant'**. **Tom Cruise** probably thinks his own films are **'Fantastic'**. My best friend's wife said he **'literally couldn't put it down'**. You see he'd spilled some super glue on the covers and then...

Sound Foundations Recording, Mixing, Mastering Audio Engineering Reference Guide 2015 TROONATNOOR Edition

Your complete guide to recording, mixing, and mastering. An Audio Engineering reference covering everything you need to know about home studio design, speakers, microphones, microphone positioning, how to optimally set up any laptop for use as a Digital Audio Workstation, all manner of microphone techniques for pre-EQ, stereo mic'ing, MIDI recording and editing, and mastering. Includes a guide to recording industry contracts. No matter how experienced or new you are to the field, this guide is guaranteed to offer you something. Learn how to use whatever microphones you do have to approximate the sound you really want. Learn how to mic up a complete drum kit using one, two, or twenty microphones. Learn how to manage singers, and get the best performance. Learn how to set up a drum kit or guitar to get 'that' sound you have heard on your favorite recordings. Learn how to use compressors creatively and effectively, not just to manage dynamics, but to get 'that' sound you are after. Learn the facts about the loudness wars, and mixing for radio. Learn what matters and what doesn't. Learn how to interpret technical specifications for all manner of studio gear with a grain of salt. In this way you will learn what you need to know. You will learn how best to invest your home recording budget. This guide is based on the 'sound' principles of TROONATNOOR.

City of The Sun

When the paths of the beautiful French heiress, the 'Mistress of Carcassonne' and the neurotic genius and Hollywood movie writer-producer Xob S'ardnap, cross, they soon find themselves deep in a mystery. And in love. But what of Akhenaton, and the Priests at On? What of their vision of a utopian society? What of the many thousand year conspiracy of 'The Knights of Aton'? Soon all will be revealed

In the final days of the reign of Amenhotep IV Moses leaves with a treasure, leading the Egyptian Generals on a mad dash to recover it. Little do they realise this was a mere diversion. For the true treasure was just then being secreted out of 'The City of The Sun'. What is the difference between madness and genius? Why do so many geniuses end up isolated, lonely, even locked up in mental asylums? Who is Kim Jestem, the man who is 'legally no-one'? Who is Xob S'arodnap? What role could they possibly have to play in a mystery that spans thousands of years. In a secret order beginning with The Priests at On, and continuing with the Ancient Egyptian Pharaoh Amenhotep IV, self-named Akhenaton, who married his sister Nefertiti, and built his 'City of the Sun' at On, only to find himself the victim of the Priesthood he had disenfranchised of wealth and power, dying by his own hand as his wonderful city was being destroyed around him. But not before he had ensured the safety of the greatest treasure ever known to humanity. And not before leaving behind a set of clues to a puzzle that only an enlightened one, with a heart of purest gold, would ever be able to solve. A mystery that spans the continents, involving leading historical figures from The Knights Templar, to the 'Man of Steel' himself, Stalin. Who will win the mad race to realise their New World Orders, the Zionists, or the Knights of Aton? What possible role could the beautiful young heiress Clarissa Sophia, the 'Mistress of Carcassonne' play in all of this? And what of agent ZZ and Sophie, with their Hollywood A-team? What role will they play in the machinations of A-group, who feel pushed to realise the plans of The Priests At On, either now or never? Thousands of years of work could amount to nothing, if Xob S'ardonap is not willing to take the heavy burden upon himself. Each one of us owes the world a life. He is ready to give his. But to take the responsibility for billions of lives? What does it take to accept that responsibility, now that he has the response-ability.

Nine Eleven (Five minutes to Midnight?)

This book explains what 911 really means. What happened. Who did what when. And why. It then places 911 in the context of the New World Order, Zionism, Central Banking, and the 'shadow government' that has been playing us all for fools for so long. This is probably your best chance at understanding what is going on. This is probably your last chance to change the course of events.

Please make sure you read this as soon as you can, and get your friends to read it too. You could spend months searching for this information, and then years trying to 'join the dots'. It has taken me decades to get to the stage where I can present the truth to anyone who is intellectually able, but more importantly, emotionally willing, to accept the truth. The whole truth may yet elude us, but I have presented enough of it to justify a compelling and urgent call to be put out to anyone who still believes in the idea of personal freedom, democracy, and justice.

I have included compressed versions of the Old and New Testaments, 'Mein Kampf', and 'The Protocols of The Elders of Zion' so that you can place the current events in perspective. Once you understand how the U.S petro-dollar and Central Banking function, and how they tricked us all on 911, me included, you will be outraged at how the mass media have duped us all.

Prophet: Ghost in the machine

Science fiction fantasy adventure. Every now and then someone is plucked from obscurity into greatness. You can never predict who it will be. It might be you. You may even be surprised to find that your worst enemy becomes your best friend. You may find your little world suddenly expanding, opening up a galaxy of adventure and mystery.

It has often been said that 'the last shall be the first', and that only the truly humble are fit to rule. O.P is feeling pretty down at heel, the terrified and crushed victim of Renshaw, the school bully, living in a council flat, having his hair cut by his uncle, and wearing supermarket clothes, and even worse, supermarket shoes.

Things do not look at all promising for O.P. But then his 'Uncle' Roy reveals a secret, and they begin a frantic race to escape the clutches of a conspiracy that aims to bring the galaxy back to the dark ages before 'Optimalisation'. This book is Science Fiction's challenge to Harry Potter. It seeks the highest ideals of great science fiction fantasy.

Veil of Ignorance

Just as the world's population is about to reach 7 Billion, its seemingly unstoppable momentum is halted. 'Year Zero'. 'The Crisis'. While the Pope is being outed as a 'dead-beat dad', and Vatican officials are caught by the world's media arguing with robots, a very close knit group of people are in a pitched race to the finish line with the Zionist New World Order conspirators. Who will win?

While Jules and Luc, with their Vegan Co-op, seek to positively transform the world, by eliminating all forms of violence, and liberating human consciousness and sexuality from the chains of two millennia of perverse 'noble' lies a.k.a 'religion', Vatican officials are caught on television cameras arguing with robots. This after the Pope has already been cited in a class action lawsuit as a 'dead-beat dad', in an action demanding the Vatican pay child-maintenance for over 20 million children.

But the concept of 'child maintenance' is about to be turned upon its head. For just as the world's population is about to reach 7 Billion, its seemingly unstoppable momentum is halted. 'Year Zero'. 'The Crisis'. Suddenly every living creature known to man has ceased reproducing. The last baby born becomes an international star. Decades later the appearance of a kitten becomes a world media mystery. Who would have thought? But who is behind all this? Have the New World Order Zionist's been beaten to the finish line? But the thing is, most of those actively involved in the conspiracy have no idea. Maybe you are part of it. Only when the veil of ignorance has been lifted will you know for sure. And then we will be left asking the question. What comes next?

Songs, Poems, and Music of The Philosopher-Prophet of The Eden Protocols

A collection of my original songs, poems, and music for voice, guitar, and piano.

I wanted to be, a writer of books, a writer of songs, a writer of wrongs. I wanted to be. What happened? You tell me. A collection of my original songs, poems, and music for voice, guitar, and piano. I have been writing and working on these songs for years. I have made basic recordings, sketches, which you can listen to at my Troonatnoor Soundcloud. I would love to find people willing to collaborate with me as musicians and/or producers, to realise the full potential of these songs and music.

Users Guide: Experience Engine Type HUMAN

Don't you think that life should have come with a user guide? Well Clarissa Sophia von der Golz thinks so. This is her idea of a starting point. What do you think?

Don't you think that life should have come with a user guide? Well Clarissa Sophia von der Golz thinks so. And this is her idea of the basic 'user guide' for the 'experience engine' 'type: HUMAN'. She would love to know what you would add. This is just a start. So put all six of your thinking caps on, put your heart in the right place, and lets begin.

Sex Life

She has had sexual experiences most people would envy, and a few less than desirable ones

Clarissa is a teenager born to wealth and privilege. With an IQ of 143, she has benefited from tutoring from some of the world's most brilliant minds. She has experienced a freedom few teenagers ever get to enjoy. She has had sexual experiences most people would envy, and a few less than desirable ones

She has decided to publish a fairly loosely structured set of insights in the form of this book. We, the editors, have not interfered. The style is her own. The views her own. The experiences distinctly her own. Clarissa hopes this book will be read by teenagers, however she fears it will only be made available to adult readers due to what she views as censorship and slavery.

So we, the publisher, will have to leave it up to you, the reader, to decide if you will allow your under-18 dependents to read it. We must warn the reader that it is sexually explicit. It details Clarissa's sexual adventures.

Some of these she pursued actively. Some of these she found herself having without being quite sure how she had ended up in them. But this is not just a book for 'perves', as she herself would call many readers, with the greatest affection and approbation. It is also a book for thinkers. In fact it is for people who tend to think about life, and sex, and not just blunder their way through both.

The Mall

Romance, erotic encounters, and fascinating and humorous discussions, can all take place without plan or warning. Isn’t that, after all, our secret hope, each time we set off to visit The Mall? Our trip to the mall might even raise our ethics just a little, and leave us with the distinct promise, that, perhaps after all, not all hope is false, and that maybe not all our efforts are in vain.

Ancient Athens' Marketplace', the 'Agora' was where Plato’s Socrates 'threshed out the grains of truth from the chaff', 'playing 'mid-wife' to wisdom'.

Today's 'Agora' is ‘The mall'. Like in ancient Athens, this is where people go to shop, to meet people, and just hang around, socialise, and talk, as interlocutors discussing the trivial, along with the more important issues of life. As in ancient times, romance, erotic encounters, and fascinating and humorous discussions, can all take place without plan or warning. Isn’t that, after all, our secret hope, each time we set off to visit The Mall? What we experience at the Mall might even raise our ethics just a little, and leave us with the distinct promise, that, perhaps after all, not all hope is false, and that maybe not all our efforts are in vain.

Lucid Dreaming: The Mystery Of The Dreamer And The Dream

Lucid dreaming is the state in which you can control what happens to you in your dreams. You can become a 'dream-producer', and produce any manner of experiences. Anything you can imagine, you can lucid dream. Imagine the possibilities!

Lucid dreaming is the state in which you can control what happens to you in your dreams. You can become a 'dream-producer', and produce any manner of experiences. Anything you can imagine, you can lucid dream. Imagine the possibilities! But lucid dreaming also raises many questions which Carlos Castaneda, among many others, put in a productive context. This book is a guide to becoming a competent, reliable lucid dreamer. It considers what opportunities lucid dreaming can offer the practitioner, from the more mystical, to the practical, to the sensual. It contains a range of exercises which, when followed, will open all these possibilities of lucid dreaming up to you . For some the results will be immediate. Others will require months of preparation.

Tales Of Romance Terror And Treachery Sung Seng Nim A Tale Of Two Faces Marx Herbach And The Swan From Moscow With Loathe An English Teacher's Experiences In Korea, Poland, And Moscow

Autobiographical details of my experiences as an English teacher in South Korea, Poland, and Moscow. Cautionary tales for prospective English teachers. These really are tales of romance, terror, and treachery. They provide insights into a very exploitative industry. Before paying for a T.E.S.O.L certificate read this book, to get a taste of the 'career' you are considering.

These really are tales of romance, terror, and treachery. They provide insights into a very exploitative industry. Before you invest lots of money in a T.E.S.O.L certificate read this book, to get a taste of what the 'career' you are considering is really like. Cautionary tales for prospective English teachers. I don't try to rubbish anyone. I let the facts speak for themselves. Maybe you will judge me harshly too? Who knows. But it is better to be prepared, than caught off guard. You might get lucky. But if you, like the many people who responded to my web pages citing their own terrible treatment at the hands of overseas English schools, do get into trouble, you will be ready to deal with it. You won't leave yourself exposed and vulnerable to the worst.

As a taxi driver I learned the hard way to ask for fares up front. So if you gain nothing else from this book, at least you will gain that. If schools will not agree to basic requests on your part, and insist that you 'trust them', then I recommend that you do NOT trust them.

Read on to see what sort of pitfalls await the naive travelling teacher. This book is also a book about real life romance. Real life human relationships. Real life per se. It is honest. It is authentic. It is often embarrassing.

I dedicate it to my real life 'Swan', 'Lilith', and to my source of sunshine in Moscow 'Sunny', and all the good people who were so nice to me. Things could have gone much worse than they did, if not for the kindness of strangers.

O.K, so no noble savages to be found. But still some light in a dark world. A spark that, given enough air to breathe, and a little enlightenment, might actually issue forth a flame if we are courageous and patient enough. A flame to light the darkness. To bring light to the world. The light of truth, justice, and beauty.

Your Vocal Training Guide

This books will help you find your own unique voice, free it, and then make the most of it. In the process you will cure your TMJ, improve your posture and sex appeal, and reduce the severity and frequency of migraines.

It is based on a 'Speech level' singing method, along with elements of 'The Alexander Method', and various self-help exercises designed by chiropractors for the treatment of TMJ, and migraine.

This book is for anyone who wants to improve their posture, confidence, sex appeal, and of course their singing voice. it will improve their range, intonation, and clarity. It will put them on the path to discovering the full potential of their own unique voice.

This book will be welcome by anyone who suffers from poor posture, migraines, or TMJ. All the exercises here worked for me. I was amazed at the positive difference the exercises have made to my life, and my singing. I am glad to be able to present them to you.

Religion

A holistic interrogation of religion detailing the evolution of religious beliefs and practices from pre-historic times to the present day, from the position of holistic philosophy.

This book is intended to form part of the foundation for a true informed consent, based on a holistic understanding of The Reality Of Our Natures And The Nature Of Our Realities.

The author's aim is to work toward the elimination of all forms of violence and injustice, and towards truly holistically informed consent. This book is intended to form a basis for a compulsory High-School course on comparative religion.

Optimal English

The 'Phrasal-Syntax' approach to teaching and learning English as a Second Language is informed by an understanding of how the 'English' language has evolved over the last two thousand years. This book first offers a brief description of the evolution of the 'English' language. It then offers ideas that can be put into practice in the classroom.

The 'Phrasal-Syntax' approach to teaching and learning English as a Second Language is informed by an understanding of how the 'English' language has evolved over the last two thousand years. This book first offers a brief description of the evolution of the 'English' language. It then offers ideas that can be immediately put into practice in the classroom. Included are fun activities for classes of all ages. The author has spent decades teaching English as a Second Language in Australia, England, Poland, Germany, South Korea, and Russia. You can read about my experiences in my other TROONATNOOR books.This book provides a great brief overview of the evolution of the language which we today call English. It also provides a great short course in linguistics to show how languages have evolved in general. The aim of the author is not the monetization of his insights, but the promotion of a vision where the entire world shares one language in common, and the optimal system for learning and teaching it, both to adults and children.

An Education in Victimisation

Essential reading for anyone who is, or is thinking of becoming, a teacher, this book details my personal experiences of workplace victimisation with the New South Wales Department of Education. It then goes on to place my personal experiences in the context of international research into mobbing.

It should inform attempts to gain legal justice for victims of mobbing. First mobbing must be identified as a form of violence. This book also raised fundamental questions about the abuse of psychiatry by governments. 'HealthQuesting' was even more common than I had envisaged at the time of my own victimisation. As far as I know none of its victims has yet to be given justice, let alone compensation.

This book is a warning to anyone who trusts the Government. Anyone who believes that the Government will be held accountable by the legal justice system. Finally this book is a call for the socialisation of the legal profession. As long as only the rich can afford legal justice, we cannot speak of a 'justice system'.

Convergences

Convergences between my own ideas as expressed in TROONATNOOR volume one, and the thoughts and arguments of the greatest minds who ever dared express their ideas.

This book reveals the many convergences between my own ideas and those of the most brilliant thinkers of the last few thousand years, including the most recent cognitive and neuro-scientists. My works are always holistic. This book will teach you a lot of things you will want to know. It will help you avoid the common mistakes even the greatest minds make in daily life. My books are the result of decades of reading and thinking and living and experimenting. Save yourself a lot of trouble and learn from other's mistakes. Start the race from where the other's finished, rather than at the very beginning.

The Reality Of Our Natures And The Nature Of Our Realities

Introducing The Holistic Philosopher, The Philosopher-Prophet of The Eden Protocols and the new ethics technology, 'The Optimal Ethics Generator'

This book offers everything you can expect from Philosophy. It answers many questions you already have, and many that you might never have thought of asking. Yes, it is about the meaning of life, the universe, and everything. This book interrogates The Realities Of Our Nature, And The Nature Of Our Realities TROONATNOOR, providing the basis for a truly holistically informed consent. In the process we de-construct a lot of 'junk' philosophy.

A Taste of TROONATNOOR

A selection of items relating to my TROONATNOOR series of fiction and non-fiction. They will introduce you to The Holistic Philosopher, The Philosopher-Prophet of The Eden Protocols, and a new ethics technology 'The Optimal Ethics Generator', which will one day be introduced in the form of 'The Veil of Ignorance'.

THIS WAS

A TROONATNOOR BOOK
AN EDEN PROTOCOLS PUBLICATION
A HAPPY NEXT LIVES PRESENTATION

Happy Next Lives

Please show your respect for the effort and sacrifice the author made in researching and writing this book by considering taking up a VEGAN lifestyle, and making a donation to PETA, your local animal shelter, the SPCA, or just helping someone take care of their pet. Humans are animals too, so help a human if you can too, like I hope I have helped you

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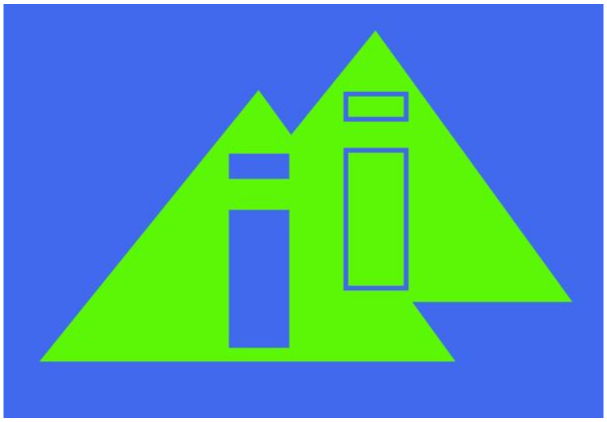

About the Publisher

The Reality Of Our Natures And The Nature Of Our Realities